

Vegan Views

A Forum for Vegan Opinion

No. 114

Spring 2008

£1



In this Issue:

4 Books
6 Why I went Vegan
7 Cultured Meat
8 Letters

9 Cartoon
10 Feeding the Hungry
11 Words from the Wise
12 A Look at the News

14 Vegan Organic Growing
15 Recipes
17 Vegans in your Area
20 Simplify...and Survive



notices



Animal groups

Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: www.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.

Veggies Directory also known as the Animals Contact Directory aims to encourage mutual support and communications between the many groups and individuals working for animal rights and welfare, as well as those working to protect the environment. Provides a means of groups to make contact and co-ordinate their work. See www.veggies.org.uk/acd.

Animals Count - a political party to help create a better world for people and animals. www.animalscount.org. PO Box 51250 London SE11 4NU. Email info*AT*animalscount.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*AT*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.

Highfield Animal Sanctuary near Bromsgrove, West Midlands, has 300 mouths to feed. Owner desperately needs help, practical and financial. Please Contact Lyn on 0121 445 3828 or visit www.hillfield-sanctuary.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, 21 Hylton Street, Hockley, Birmingham. B18 6HJ.

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. Email: Lesley*AT*vegan4life.org.uk.

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, 2 Hillside Park, Totnes Road, Paignton, Devon TQ4 7QB.

Magazines

The Vegan is published by the Vegan Society. (See page 17)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. info*AT*arkangelweb.org.

Viva!Life published by Viva! www.viva.org.uk.

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £4.50 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Growing Green International is published by Vegan Organic Network. See page 17. 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 17. 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>.

Realfood Campaigns Available by subscription of £8 for 6 editions. Contact Realfood, PO Box 339, Wolverhampton WV10 7BZ. Web: www.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. Web: www.woodlandproject.org.uk.

Religion + spiritual

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is £5 per annum. Kindness Unlimited, 55 Long Street, Wigston, Leicestershire, LE18 2AJ. Email: love2abba*AT*yahoo.co.uk

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. Mobile 07742-601166. PO Box 7770, Loughborough, Leics. LE11 3XY

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. 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.

Community Print Resources (CPR) CPR is a collectively managed print workshop and resource centre for Nottingham's campaign community sponsored by Veggies Catering' See: www.veggies.org.uk/cpr.

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. www.vcac.vegfalk.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. www.veganrunners.makesense.co.uk.

Vegan communities

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

Vegan shops

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

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.

Sound Bites, 11 Morledge, Derby, DE1 2AW. 01332 291369. Wholefoods, eco cleaning products (discounted refills available when you bring back your empties), locally grown organic veg, mini-café and deli. Free online quarterly magazine. www.soundbitesderby.org.uk.

Website design/hosting

Local Veggie Web (LVW) lets you create and host your own veggie campaigning website, is free to use, requires no web design knowledge and requires no software installation. Free technical support provided. Details: www.lvwmakesense.co.uk.

Subscribe to Vegan Views

Send your name + address + payment to: *Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.*

Subscription rates When subscribing please state which issue you wish to start from. Cheques etc payable to Vegan Views. UK **four** issues for £4, or single copy for £1. Postage is included. Europe and surface mail overseas **five**** issues for £10 including postage. Airmail outside Europe: **four** issues for £15 including postage.

[** we've made this five issues so that you can send us a £10 note if you want to pay in cash]

We have been given some old copies of Vegan Views from '70s and '80s. Ask for 8 at £3 if interested.

Subscription renewals If your subscription is due for renewal, a reminder will be included in this issue.

Back issues cost 50p each or 8 for £3. (Prices include postage within the UK.)

113 Buddhism and Meat-Eating

112 Meat - Blessing or Curse?

111 Cows' milk

110 Classical Homeopathy

109 Trees for Africa

108 Vaccinations / In memory of Frieden Howard

107 Donald Watson - in Memory

106 Sheep Problems

105 Vegan Fuel

104 Arthur Ling - In memory

103 Looking Round Manchester

102 Our Prehistoric Diet

100 Vegan Views: The early years

99 No More Fish

98 Food co-ops

97 Interview with Steve Walsh

96 Interview with Karin Ridgers

95 Interview with Liz Cook

Vegan Views

Editor

Harry Mather

Web site

John Curtis

Front cover picture

Blooming Marvellous by Ruth Lewis. Thanks to Diane Cooper for being the model. Ruth tells us that she wanted to make the cover picture more positive this time.

Post address

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

Website: www.veganviews.org.uk

Email: editor*AT*veganviews.org.uk
(replace *AT* with @)

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.

Printed by:

Footprint Workers Co-op, Leeds. Tel: 0113 262 4408. www.footprinters.co.uk

Copyright

If quoting from this magazine, please acknowledge the source and do not distort the sense. The sign © shows that the author reserves copyright on that article.

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.

Please share your news and your ideas with us. Drawings, book reviews and recipes also welcome.

From the editor...

How Did it all Start?....

....This sordid idea of eating meat. Did some distant ancestor peck at a corpse like a carrion crow or a voracious hyena? Does the idea of tearing away at bloody entrails not fill the present generations with revulsion? Survival is a great compulsion and soldiers are taught how to eat worms and insects in desperate circumstances.

The Biblical description of the origins of mankind show them in a Garden setting and their 'fall' expels them to a harsher world. Our word 'paradise' apparently comes from a Persian word for a walled garden. Evolutionary theory suggests that our earliest ancestors came from forests where they would have lived off fruits and fresh shoots, like most of the modern primates.

We can suppose that at some stage, humans moved out of the forests, perhaps due to overpopulation (a problem also facing us today), and out of desperate hunger fed on the remains of corpses killed and partly eaten by carnivores. They may well have learned how to kill for themselves and became 'hunter-gatherers'. This label admits that then they were also eating fruit, roots and herbs, and who can know how often they had access to meat?

Similarly, they may have stolen eggs in hungry times, but it is difficult to imagine primitive humans chasing cows to steal their milk. Yet Hindus who revere cattle, have explained this in terms that, in some distant past, the cows' milk saved them from starvation.

Before the discovery of using fire and cooking they would have to eat raw. The digestive systems of carnivores are adapted to eating raw flesh, but the human digestive system is clearly designed for the digestion of fruits, nuts, grains and vegetables.

The records of early civilisations show a

reliance on grains such as barley and early Greek myths praise Ceres (goddess of cereals) and Athena, who brought wheat, olives and grapes for nourishment. I heard a Chinese woman say that as a child she had been taught to eat up three bowls of rice a day if she wanted to grow up strong and healthy.

The earliest recorded civilisations, in the fertile crescent where we now find Iraq, Iran and Egypt, were based on the cultivation of grains such as barley. Those primitive humans who had moved out of the restrictive environment of the forest, now flourished as large communities and civilisations. A step forward in human progress. Further East, civilisations grew that were based on the cultivation of rice.

So why does most of the world now aspire to be eating meat? The answer must be because eating meat is an uneconomical and expensive way of feeding. Therefore only the rich can afford to eat meat. The poor aspire to become rich and they see meat eating as a symbol of showing they are not poor. They feel they are no longer reliant on grains and pulses, oatmeal and beans. In a similar way the poor of Mexico will look down on drinking orange juice and buy a can of the far less healthy 'coke' because that is what their wealthier American neighbours drink.

But our present world cannot sustain enough meat production for its increasing population. Our best brains are trying to find out how human life could be maintained on other planets. They should concentrate on a simpler and more urgent problem - how can human life be sustained on earth.? The answer to that is quite simple and will have to be faced very soon: do not feed on animals but get your nutrition from plant foods.

By Harry Mather

Events

12 Apr - Midlands Food Fair noon-4pm at Lichfield Guildhall. Volunteers + queries: Kevin White of Midlands Vegan Campaign. www.veganmidlands.org.uk

16-18 May - North East Vegan Gathering 3 nights at Haggerston Castle Caravan Park. www.havenholidays.com/ParkssScotland/Northumberland/haggerstoncastle. A self-catering event with 2 potluck meals. Comfortable large 3 bedroom caravans suitable for sharing with friends or for families. Swimming and other facilities included in price. Book early for best prices. fj.flanagan*AT*btinternet.com. Put NEVEVEGINFOREQUEST in subject line. www.veggie.org.uk/events.php?refz1229

17 May - Veggie Pride Demo in Paris. Starts 2pm. Meet at Place Joachim du Bellay, Paris to show solidarity with non-human animals. www.veggiepride.org

19-25 May - National Vegetarian Week. Web: www.vegsoc.org/nvw

26 May - Bank Holiday Picnic, Bournemouth 12.30pm. Organised by Bournemouth V&V, who are holding their annual May bank holiday picnic again at Shelley Park, Beechwood Avenue, Boscombe. Bring vegan food/drink to share. If it rains, it will instead be an indoor picnic in Wessex Tales at 20 Ashley Rd, Boscombe (no charge). Details: Harry 01202 555712. Web: www.solentveg.org.uk/bvv

31 May + 1 Jun - Bristol Vegan Fayre 11am-9pm Amphitheatre and Waterfront Square, Central Bristol. 160 stalls, food, music, talks, cookery demos. Contact: Tim Barford, Yaoh, PO Box 333 Bristol BS99 1NF. 0117 9239053. www.bristolveganfayre.co.uk

July 2009 - International Vegan Festival in Rio de Janeiro, Brazil. Tel: +33 (0)4 78 58 00 43. marly.winkler*AT*gmail.com.

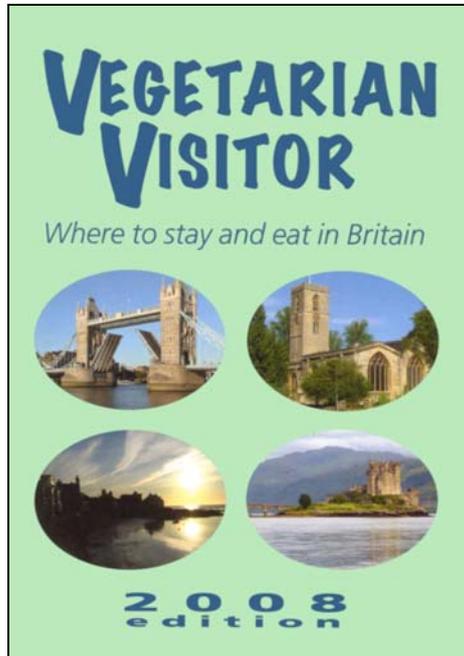
Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events.

BOOKS



Vegetarian Visitor 2008 Where to stay and eat in Britain

edited by Annemarie Weitzel £2-50. ISBN 978-1-00-7906067. Published by Jon Carpenter, Alder House, Market Street, Charlbury OX7 3PH. Available from Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, St. Paul's Cray, Kent BR5 3HZ. £2-50 postage included.



A guide to Guest Houses, hotels and private homes in England, Wales and Scotland offering hospitality to the vegetarian and vegan traveller, with cafés, restaurants and pubs serving vegetarian/vegan food.

More than 600 entries, all fully checked just before publication.

Animal Welfare In Islam

by Al-Hafiz Basheer Ahmad Masri

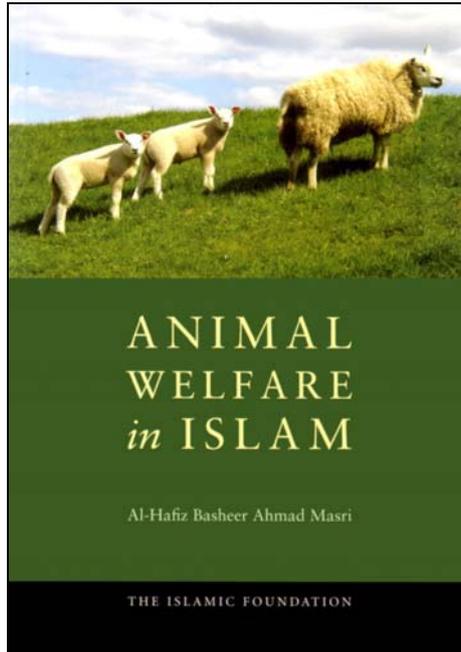
Published by The Islamist Foundation. ISBN 978 0 86037 595 1. Available from: Compassion in World Farming, River Court, Mill Lane, Godalming GU7 1EZ. £10-80 inc. postage.

This is a reprint of a book that the late Peter Roberts of Compassion In World Farming invited the author to write and which was first produced by the Athene Trust (a publishing branch of CIWF) in 1989

The author, who has since died, was a greatly respected scholar with wide experience and knowledge of Islamic texts and his object was to explore the sacred texts of Islam in relation to animal welfare and their relativity to the present day.

This it does with impressive thoroughness, but this book ranges far wider than this remit. The author has studied widely not only in other religions but he is also widely travelled and can relate to actual practices and has a good grasp of the relevant physiology and medical knowledge. He stresses the underlying meaning of the original texts to bring out the

attitude they bear on how we should relate to animals, namely in a compassionate attitude, not in despotic dominion.



A central text is that "all the creatures on earth, and all the birds that fly with wings are communities like you" (Qu'ran 6.38) meaning that animal species are created as species in their own right with their own purpose in the great scheme of creation and they were not created, as has long been held and is still assumed, created solely for humans to use (or abuse) as they wish for food, 'sport', entertainment or any other purpose.

He also looks at the attitudes of other major religions that were established before the coming of Islam.

Animal sacrifice is related to the days of Abraham the patriarch of Israel who is also venerated by Islam. Abraham was prepared to sacrifice his only son. However incredible this may seem to us today, this was common in primitive religions. He decided that it would be more humane to sacrifice a goat in place of the human sacrifice. Animal sacrifices as a 'scapegoat' became a significant part in Jewish religious practice. Islam seems to be following this tradition when the feast of Eid is celebrated by the public sacrifice of a lamb as a token of their devotion. The author stresses, however, that whilst those making the offering are allowed to eat of the meat, they are enjoined to make sure that the poor and deprived are also taken care of and that none of the food is wasted, or left to rot. This feast involves large quantities of animals in Mecca, the authorities there take pains to recover surplus food and send it to peoples in poor Islamic countries. It is proposed that the main purpose of this festival is to ensure that the poor are taken care of and it would be acceptable to make charitable gifts to the poor instead.

Another contentious problem arises with the slaughter of animals. for food. The rule is that food animals should have their throats cut swiftly with a sharp knife and the blood should

be allowed to drain out. The reason for this is mainly hygienic and is similar to the Jewish method of slaughter which is accepted as legal in this country, despite the fact that the general law is that animals should be stunned before slaughter. The author discusses this subject at great length. Although the Islamic method of slaughter appears to be the same and many Muslims accept animals slaughtered under Jewish rules and declared to be 'kosher', the author goes to great lengths to point out that the Islamic rules have as their chief concern a duty of causing the least suffering to the animal and considers that stunning prior to slaughter should cause less pain, but the Jewish authorities insist that stunning is not acceptable. The author debates this at length producing much scientific and medical data.

The author's own attitude to animal welfare and animal rights is clearly stated in the following extract from his preamble. "The purpose of the book being to show that the sacred texts of Islam show that animals should be treated with care and concern. Although the Prophet Mohammed allowed his followers to eat meat, after all this was customary in his day, he never said that they should and there are numerous instances when he rebuked people for cruelty or neglect of animals.

Human greed and self-indulgence needed some excuse, however flimsy, to exploit animals; and the institution of religion offered them that excuse by disseminating the creed of man's unconstrained dominion and domination over the rest of God's creation. It is true that all the religions have tried in their respective ways to strike an equitable balance in the mutual rights and obligations between man and the rest of the species. The Scriptures of all religions contain exhortations on all kinds of cruelty to animals, but they have ceased to be taken seriously - either by the theologians or the public.

The religious institutions are supposed to be there to give guidance to their respective followers in all kinds of moral problems. If all the churches and temples, all the mosques and synagogues were to make a concerted effort, to bring their moral influence to bear. it would not only educate their laities, but would also put pressure on the politicians and the economists of the world most of whom are sitting on the fence. Perhaps some religious leaders though, still suffer from the misconceptions of the Middle Ages, when they believed that their only business was to deal with the human soul. Since animals are thought to have no soul, they are not considered to be the responsibility of organised religion.

Let us hope a day will dawn when the great religious teachings may at last begin to bear fruit; when we shall see the start of a new era, when man accords to animals the respect and status they have long deserved and for so long been denied."

A Window Into Nature

FINDINGS by Kathleen Jamie (Sort of Books 2005, £6.99)

This book has nothing directly to do with veganism or vegetarianism, and its author is not a vegetarian. It is, however, one of the most beautifully written books I have ever read and, with its central theme being the observation of nature (with such a "sharpness of looking", Andrew Marr's phrase) it ought to have an appeal to anyone who enjoys the coast, the countryside, and the birds and wild animals that live here with us.

Besides, it's in a way challenging to see through the eyes of someone so enormously sympathetic and interested in nature who has not chosen the vegetarian route. A few years ago, at our local vegan group in Swansea, and then later on at the Vegan Summer Gathering, we ran a discussion on the theme of "what makes some thoughtful or compassionate people turn vegetarian, while others, perhaps equally or even more thoughtful or compassionate, don't?" Perhaps readers would have suggestions, because as I recall we didn't manage to come to any great conclusions! Except that small events in childhood, perhaps observing some random cruelty towards animals, often seemed to develop a sympathy in people that would later lead to vegetarianism.

Kathleen Jamie is an award-winning and acclaimed Scottish poet and writer, and *FINDINGS*, a collection of eleven essays, concentrates entirely on Scotland, and the Scottish landscape that she is so familiar with. In one of these essays she is keeping a sharp eye on the cliffside beyond her house in Fife, binoculars at the ready, for nesting peregrines ("I hear the peregrine's thin shriek, over and over, like a turnstile pleading for oil"). In another it's searching for corncrakes on the Hebridean island of Coll, then it's watching the salmon striving to leap homeward (and mostly failing) on the Highland river Braan. Or sailing off Mull alongside white-sided dolphins, leaping, diving.

But this isn't just a book about the nature that's out there around us, somehow separate. It's also about human nature, and about how we react to and interact with our world. And interwoven among many of these stories are recurring domestic demands (kids to look after, a sick husband, an ageing grandmother no longer able to live by herself). "Between the laundry and the fetching kids from school, that's how birds enter my life."

The book's opening story is wonderfully told. A night ferry from Aberdeen to Orkney, then visiting the Neolithic chambers at Maes Howe, where 5000 years ago they interred the bones of the dead. It's around the time of the winter solstice that a beam of the setting sun shines along the passage onto the tomb's back wall. "In recent years, people have crept along the passageway at midwinter to witness this, the complicit kiss. Some, apparently, find it overwhelming."

Other trips, other stories. Finding a dead whale on a beach in the bleak gale-swept and now uninhabited Monach Islands in the Outer Hebrides, but also the flotsam and debris of our human civilisation (bottles, plastic garbage, parts of a crashed plane). I appreciated the tour around the anatomy museum in Edinburgh

rather less, but does that have something to do with my vegan sensibility?

The Maes Howe story "Darkness and Light" can be found on the web at <http://books.guardian.co.uk/lrb/articles/0,,1124890,00.html> - and a Google search on Kathleen Jamie will lead you to many other references.

Malcolm Horne.

Eat, Drink and Be Vegan

by Dreena Burton. Published by Arsenal Pulp Press, Vancouver ISBN 978-1-55152-224-1. UK Distribution: Turnaround, Unit 3 Olympia Trading Estate, Coburg Road, Wood Green, London N22 6TZ. www.turnaround-uk.com.

Dreena Burton has already published two vegan cookbooks, which have been well received in North America: *The Everyday Vegan* and *Viva le Vegan*.

There are 150 recipes with plenty of cooking notes and tips. She creates imaginative dishes both savoury and sweet, some simple and others designed for special occasions to amaze those who assume that vegan food must be dull and unexciting. Pasta, Polenta and Potatoes are given a different slant and there are several new looks for Hummus. There are also many dishes for special occasions. It is an attractive paperback book, well presented and with 18 colour photos.

The author lives in White Rock, British Columbia, Canada and has a website: www.everydayvegan.com and a blog: www.vivalevegan.blogspot.com

Skinny Bitch in the Kitch

The Best Selling Book *Skinny Bitch* has been followed up with a vegan cookbook *Skinny Bitch in the Kitch*, which has more than 75 recipes, mostly aimed at new converts looking for substitutes for their conventional diet.

Skinny Bitch in the Kitch by Rory Freedman and Kim Barnouin.

Published by Running Press ISBN: 0762432067 Price £7-99.

Other Books of Interest

Animal-Free Shopper 7th Edition (2005) £4.99. ISBN 0907337287. Published by The Vegan Society. *A UK shopping guide to vegan products - both food and non-food.*

Plant Based Nutrition and Health by Steven Walsh. £7.95. ISBN 0907337260. Published by The Vegan Society. *Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.*

Feeding Your Vegan Infant - with Confidence by Sandra Hood. £9.99. ISBN 0907337295. Published by The Vegan Society. *Good infant nutritional advice from Sandra Hood, a state registered dietician.*

The Vegan Passport £3.99. ISBN 0907337309. Published by The Vegan Society.

A pocket Guide in 56 languages explaining what vegans eat and do not eat.

Growing Green - Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. £18.99. ISBN 095522508. Published by The Vegan Organic Network (available from October Books). *Growing fruit and veg without animal manures, blood fish & bone, etc.*

Vegetarian Guides publishes a number of useful restaurant + B&B/Hotel guides: *Vegetarian Britain 2006, Vegetarian London 2005, Vegetarian Europe, Vegetarian France.* Details: www.vegetarianguides.co.uk.

Correction to Vegan Views No. 113.

We apologise for a word on the third column of page nine near the end of the third paragraph, which, for reasons we cannot explain, appears as 'bslaning'. It should read 'balancing'. How the word got scrambled is puzzling and we apologise for the confusion this must have caused. We have corrected the error in the free downloadable version of the magazine on our website.

Dedication

Ed: I came across this in Vegan Views no. 83 of 1999. It is even more relevant today.

What did you do in the war, daddy?

"I wasn't born then, son. They're over, anyway"

"No, not in them big world wars. The wars against starvation, cruelty to humans and animals, racism, abuse of the environment - them wars."

"Well, son, when I saw the images on the TV of the starving, I cried.

When I read in the newspapers about the cruelty to humans and animals, I cried and hung my head in shame.

When I hear what humans do to the environment I am disgusted and angry at my own species and wish they would stop."

Then, what did you do, daddy?"

"Well. eh. nothing. I leave that to others."

Sultannah

Calves

According to Professor John Webster of the Department of Veterinary Science at Bristol University: "The most potentially distressing incident in the life of a cow is the removal of her calf".

If it has a mother Don't eat it.

Why I Went Vegan

Back in the 70s, my brother who was ten years older than me, dropped out of Teacher Training College. He returned home and got a job in a slaughterhouse. At the time I was only twelve years old and although I knew some of the issues with regard to meat (my parents had been involved in farming prior to my birth) I didn't see anything first hand. My father who was a completely insensitive oaf, used to tell us all about the cows bellowing for a week after their calves who had been taken away from them. He didn't see anything wrong with this and was completely incapable of putting himself in another man's shoes and understanding the anguish that those animal were going through. He used to tell us how he shot feral cats that came round stealing his chickens when they were trying to feed their young. There were tales in plenty and my young mind was taking it all in and starting to view the world in a different way.

About the same time as my brother dropped out of college, we went on holiday to France and were fishing one day on the beach. I joined in as I had been taught to, but this particular time I caught a fish. I was horrified and wanted to put it back; but they didn't let me and instead, the fish went back to the camp with us for supper. I didn't eat it. Another reality had come home to me.

My brother stayed on working at the slaughterhouse and gained promotion until he was managing it. He came home and told us about the tumours that they would cut off the meat and the abscesses that they would burst with the pus being swilled off before sending the meat through for human consumption. I remember him having to go to the slaughterhouse on Christmas morning to feed the cattle that were there waiting to be slaughtered on Boxing Day. I remember thinking about the terror they must have been going through. Years later, he went to work for another slaughterhouse that kept a Judas Cow, a cow that was kept there full time and would be led through in front of new arrivals to make it easier to deal with them. I also had a sister who wore a mink coat, another who wore a rabbit coat and a brother who got his jollies out of shooting at anything that moved.

At the age of sixteen, I started to become involved in animal welfare organisations and became a vegetarian, later becoming vegan. I found chocolate the hardest thing to give up. (This was 20 years ago and the choice of vegan chocolate is much wider now). Living at home, it wasn't easy to change my diet, but I was determined and persevered. Understandably I had little in common with my family, but slowly but surely had less and less to do with them, until I severed all ties. I feel that somewhere along the line the gods made a mistake and put me with the wrong family. Being a vegan is a very isolating life and where you have little in common with the mass of the population. Living in a rural community, where death and destruction is the norm, is an even more isolating experience than town and city dwelling. The one thing that I find most

puzzling is that so many people claim to be environmentalists and yet they won't give up eating meat, the biggest destroyer of this earth.

Kerry Barlow

Ed: Will more readers tell us how they turned vegan?

The Only Way Forward

There have been several programmes on the television highlighting the cruel treatment of our animals for food, and the growing obesity among the population worldwide.

The TV programme showed two ways in which chickens are reared, one organically and the other way in which chickens are kept in unnatural conditions so that people can buy cheap food. We have known about the cruel and terrible conditions in which these young chickens are reared for a long time due mainly to the dedicated activists who have raided such places.

It saddens many of us that virtually all creatures who share this planet earth with us are at the mercy of mankind. Over the years mankind has been responsible for the extermination of many species, thus depriving the up and coming generations of ever seeing them.

From a religious point of view, people were taught about the life of Jesus, and to obey the ten commandments as a way of life. Considering its long history, it has failed miserably to have had any impact on people living today, so much so, we have had two world wars, but no one has learned from them. In fact there is more crime in the world today than ever there was, dishonesty, greed, murder, you name it, we are all living amongst it.

Did you know that one acre of land will physically support nine adults, but to grow food to feed animals to eat for food you will only support one adult.? This is a huge waste of resources, and at the same time putting pressure on farmers to produce more meat at the expense of animals' welfare.

Did you also know that 50 years ago meat was responsible for 85% of the world's food poisoning; it is now considered that to be over 90%? Did you also know that the consumption of meat is responsible for 18% of global warming, compared with 13% on public transport?

Mr. Singh who is now 98 or could be now 99 years of age is a life Vegetarian, so were his parents. For the past 13 years he has been a Vegan. He runs ten miles most days, and his ambition in life is to run the marathon when he is one hundred years of age.

Many of us believe that the only way forward in the world today is for everyone to adopt a Vegan way of life. By doing so we would eradicate starvation, cruelty and make the world a far safer place for humans, animals, and the environment.

Bob Cramp.

Don't Cause Panic

When listening to a Radio Four programme about bird flu, I heard an expert on epidemics say that about one quarter of a million people died between 1850 and 1950 because, although governments knew that bovine tuberculosis was a cause of tuberculosis in humans, they were afraid that if people knew it, they might panic and stop drinking cows' milk. It would seem that cases of tuberculosis in humans fell substantially when milk started to be tested for tuberculosis. Although this secrecy is shocking enough, what is even more shocking is that this fact is not widely known. Can it be that governments don't want us to suspect that they are capable of withholding scientific truths?

In the BSE crisis of the 1990s, we were told at first that this dreadful disease could in no way be transmittable to humans. and they vilified respected researchers who said it could. Only when the facts became only too self-evident did the authorities admit it was transmittable to humans. Fortunately the disease did not spread as widely as it might have. Panic did occur when the truth had to be admitted and sales of beef plummeted by a half, though confidence was soon regained as the panic subsided.

There is still a continuing problem with the intensive rearing of food animals and its impact on human health. The widespread use of antibiotics both for treating diseased animals and as growth promoters results in the development of disease-resisting bacteria and viruses, so that doctors find it increasingly more difficult to find an effective drug to use on humans.

There is presently a concern that cow's milk could be associated with the increase in breast cancer in women. Professor Plant was neither vegan nor even vegetarian when she developed breast cancer and cannot be accused of bias in this matter, but repeated experience with the disease convinced her, as a scientist, of the direct connection between that form of cancer and the drinking of cow's milk. You would think that she, at least, would be taken seriously and listened to with respect, because health authorities are very concerned about the high level of breast cancer in women. However, they are much more concerned about the panic that might be created if women were advised to avoid dairy products - which is what Professor Plant is advising. The profits of a large sector of farming and retailing would be severely hit. Nevertheless, we have to face reality.

Present intensive animal farming has a great impact on our general health, because of the way animals are reared and treated, and when we consider that animals need play no part in our diet and we were probably never designed to use any animals as part of our optimum diet the need for great changes becomes even more important. The sooner we face the facts the better. Ignoring facts only makes things worse in the long run.

H Mather

Cultured Meat Can Ruin Factory Farming

Cultured meat is meat created artificially using muscle cells, in contrast to reared meat taken from slaughtered animals. Its manufacture uses a comparatively tiny number of animals, and one of the major production techniques does not require any killing. Many animal rights activists have given cautious support to cultured meat because it could replace reared meat on supermarket shelves if it is cheap enough. You may have seen my letter about it in *Vegan Views* last autumn.

Compared with methods such as lobbying, the development of cultured meat requires much less work to deflect consumption from reared meat. For animal welfare and rights activists who can influence its development, it offers a highly effective means of operation. As the number of activists is small, it helps make the best use of limited resources.

Rearing animals is an inherently inefficient way to produce meat because of the low value of much of their bodies and waste to producers. Cultured meat, by removing everything apart from meat during production, should be able to undercut the price of reared meat in the long run. At present, cultured meat is still under development and so is expensive.

Large companies are responsible for most of the 2,500 animals killed each second for food, driven by the push for profit. Cultured meat can turn the situation around, so that profit-chasing producers would abandon reared meat and make factory farming rivals financially uncompetitive. The process has already begun, with finance for cultured meat innovation provided by the Sara Lee food company. Once financially successful production is established, adoption by companies around the world can be very rapid.

Development of cultured meat is highly efficient as a means of potentially reducing reared meat consumption because it targets the operation of meat producers precisely. Many animal rights interventions try to change public opinion, leading to changed behaviour by consumers or regulators, leading to changed behaviours by meat producers. Necessary as this process is, it is time-consuming and if there are any gaps in it, animal abuse can continue. Cultured meat production can be adopted by all large meat producers no matter what they, the public, or the government think about animal welfare.

Cultured meat presents a challenge to reared meat which complements traditional campaign methods. On their own, traditional methods are unlikely to succeed in the huge challenge of bringing down the reared meat industry. Although they have achieved major successes for animal welfare, the trend in recent decades has been for continuous, massive increases in global slaughter for meat.

Growth in meat production is greatest in large developing countries such as India and China, where consumers are eating much more meat as they become richer. For the global animal rights movement, there are difficulties in campaigning in countries without a strong

history of animal rights or even of civil society activity. But reared meat consumption can be reduced even in the most difficult campaigning environments by replacement with cultured meat. Its production technology can slip across borders with multinational companies or returning expatriate students, and presents little challenge to public values in industrial societies and no challenge to their political systems.

Because technology can undergo simultaneous and self-sustaining spread through different companies around the world, cultured meat could lead to a cascading reduction in the amount of animal suffering. Moreover the benefits would be permanent, since the knowledge of a financially successful production technology is not easily lost. Animal welfare would no longer be merely dependent on changes of public morality and awareness.

There are arguments against cultured meat, of course. One is that the product is associated by reputation with slaughter and slaughterers, if not itself actually requiring killing. This is a good argument for vegans to avoid eating the product. It is not a good argument for opposition, when cultured meat offers a significant chance to reduce animal suffering hugely.

A more serious charge is that cultured meat production still involves the suffering and slaughter of animals. Some methods do kill animals, in order to extract cells. However, the forms of production most likely to be commercially viable would not require large-scale slaughter of animals, which would be expensive and defeat the financial purpose of a shift to cultured meat. One of the leading methods used in research involves animal biopsies, without the need to kill at all. It appears that a single cell could generate a huge amount of meat, because cells grow in number very quickly, although it would take a scientist to determine the smallest viable number of cells to satisfy global meat demand. If activists reject production of cultured meat entirely, they reject methods which need almost no animal input.

Some activists may take a strict animal rights or abolitionist position that animals should not be used in the development, production, or even intellectual conception of cultured meat in any circumstances. In its implication, such a stance goes far beyond most rights or abolitionist positions. Firstly, the benefits of cultured meat accrue principally to the species which are used in cultured meat production, which is frequently not the case with human use of animals. Secondly, and much more importantly, there is no other likely use of animals which comes remotely close to the astronomical net benefits to animals which would follow from successful marketing of cheap cultured meat. The usual absolute rights position protects animals from the possibility of worse long-run outcomes than the purported short-term benefits of their use in some situation. It is hard to see how any long-run outcome could be worse than continuation of

the current situation for factory farmed animals. Even if encouraging the potential of cultured meat is - contentiously - viewed as toleration of continuing abuse of animals by humans, the benefits for animals of successful commercialisation overwhelm the disadvantages in every possible circumstance now and in the future.

Cultured meat could reduce the huge suffering caused by the reared meat industry, as well as the pollution, diseases, and inefficiency. It is a new and evolving technology, and people do not know how quickly it will emerge and how it will use animals. In addition to the scientific challenges, there are questions of how to facilitate the rapid global spread of the technology, and how to ensure that meat producers make the jump from production of reared meat to cultured meat. Despite some problems, cultured meat gives a realistic hope of ruining completely the reared meat industry, and animal rights activists could be leading its development.

James Waters, www.antimeat.org

More virtues of plants

Looking back some thirty years, I found this high praise for the value of plants in a review in an old vegetarian magazine:

"The power of Plants" by Brendan Lehane (1977), a book divided into five chapters representing the power of plants - power to survive, power to sustain, power to heal and kill, power to alter consciousness and power over the spirit.

"By means of plants, the rays of the sun are transformed into flesh. Alone of all life-forms, plants can not only catch sunlight but - by a unique alchemy - compound it with terrestrial ingredients to make the basic food and substance of all things.... If there were a region where infinite beauty and infinite peace prevailed over the dark and over the tormented aspects of earthly life, it could not be pictured without plants. In every religion and cosmology, heaven is a garden."

Food for Africa

GM crops are promoted as being the solution for producing more food for Africans. But if they are short of food why do we import food from Africa and not leave the food there in the first place? Planting food trees in Africa would help compensate for the trees being destroyed in the tropical forests of the Amazon, which are being cleared because of the demand for meat by the rich nations.

**No smiles
in food miles
Grow locally
Think globally**

**Vegan Organic Network
www.veganorganic.net**

News from Prison

Just wanted to say thank you to your readers and you for sending reading material to me while I have been in isolation prison cells for 23-24 hours a day. Since I wrote awhile back, the Department of Corrections has transferred me three times. On May 7, 2007 some prison guards at the Washington State Penitentiary Intensive Management Unit punched me in my face and ear causing black eye, black and blue left ear, and facial swelling. These cowards doing this whilst I am handcuffed behind my back. On May 11, 2007, I was transferred to Washington Corrections Centre in Shelton Washington to their Intensive Management Unit (IMU). The Custody Unit Supervisor photographed my injuries. Whilst I was at Shelton IMU I filed a complaint to the Washington State Division of Risk Management. The State of Washington did nothing about it due to them covering each others' backs. Later I wrote a sworn declaration to the United States Department of Justice. On December 4, 2007, I received a letter from the United States Department of Justice Federal Bureau of Investigation. Carlton L. Peebles, Chief Civil Rights Unit, Criminal Investigative Division saying he forwarded the information to the FBI in Seattle, Washington. I also wrote to Amnesty International, Human Rights Watch, American Civil Liberties Union, and other organisations concerning prisoner abuses by Washington State Penitentiary prison guards here in the US. I found out that some of the guards who assaulted me also assaulted another prisoner two years ago and broke that prisoner's back requiring major surgery. Now that prisoner has permanent scars on his back. Since ruffling the feathers of the State of Washington Department of Corrections, I have been having problems getting my legal work. They are holding all my legal papers hostage trying to cause emotional distress and preventing a Federal Civil Rights complaint from being filed since all the facts and paper evidence is in my property. What they don't know is that all the other agencies I wrote to also have at least a copy of the facts I sent them. Washington State Department of Correction has been abusing prisoners for years, only now I am going to expose the abuse the best way I can by writing and telling the world all about it.

Michael Donery / Doc.# 977806/A108

Special Offender Unit

PO Box 54

Monroe, WA 98272 USA.

Project in Poland

In May this year I'm planning to move to Poland. I've got together with Polish vegan friends and we've acquired a large property with about seven acres of land in the deep south east of the country (about 90 miles east of Krakow, and then down a bit, not too far from forests, nature parks and the beautiful Carpathian Mountains). My friends and their three children are already there, and our future plans include vegan/vegetarian B&B, running courses/events, growing food, and so on. If anyone would like to visit this summer, or to know more, you can email me on

Letters

Malcolm*AT*planetwave.net or ring me in the UK (up to late April) on 01792 792442.

Malcolm Horne.

Malcolm's current home near Swansea was open to vegan visitors. This availability may be taken on by Robert Howes, but this has not yet been confirmed. Malcolm was one of the founders of Vegan Views.

Cafés in England

Dear All,

I'm writing to tell you that my friend took me to a lovely little café in Sheffield: 23, Chesterfield Road. They do a lot of vegan food. It is open Tuesday to Saturday 10am till 10pm; Sunday 10am till 4pm. It is called 'The Bohemian' and has a lovely ambience.

Has anyone heard of 'Zeolite'? It is good for so many ailments. It is a naturally occurring negatively charged mineral, with a unique crystalline structure. Formed from the fusion of volcanic lava and ocean water, it combines four elements: air, water, earth and fire. It has been used for 800 years throughout Asia and has been under research for 13 years of pharmaceuticals in US. Contact Simon at Bronze Age Nutrition on 01723 501444. For more information. (973) 654-4665 at any time.

There is a new Buddhist café opening in Holme Road, Matlock Bath, which is fantastic.

Re my letter: in the last issue about my brother in USA and his books on Cats and Dogs. His name is Dr.M.W.Fox. He has a website: www.naturalchoicehealth.co.uk

Love, Light and Blessings

Sue Fox.

Raw Food is Best

Dear Sir/Madam,

I was very impressed by the television programme: 'Crank Diets' where raw-foodists (vegan) gave me much to consider. Not only is it free of chemicals, there is virtually no 'packaging'; therefore is environmentally-friendly too!

There are more 'dried' organic foods available than ever before, and to 'travel light' vegans could join travellers (or become vegan travellers). I have studied vitamins, minerals, etc. for years, therefore am well equipped to travel by bicycle with a pack of dried, organic vegan food, knowing I am healthy. Just a bottle of mineral water and the world is my oyster! Does anyone share these views? Surely the world would be a far better place if we all shared this view.

For warmth, nylon leggings and jackets - layered clothing would keep out the cold.

Everyone I know wants to get out of the rat-race.

By thinking 'carefree' and 'harmlessness', we could perhaps have a small piece of land (for

everyone); to prove we can grow organic meals for our own family. And, if on the move, a fridge/freezer would be unnecessary (Electricity/gas also). As for washing clothes/blankets, these could be done with an outdoor fire. Sprouted grains may prove helpful as a handy alternative to 'cooked' greens. Chickpeas could be eaten from the can, baked beans too, if you need them.

Indeed fresh raw food, free of toxins is the answer for everyone (if only they knew it). They would not only provide all the necessary nutrients, but would also provide all the liquid/water we require. Having a nibble continually throughout the day would prevent hunger-pangs - better than big, heavy processed meals lacking in goodness.

I hope you will consider my thoughts,

Thank you,

Ann.

Editor: Can anyone suggest an alternative to "the world's your oyster"?

Ann also sent us a cutting from a local paper about a couple living in a Mongolian Yurt and small workshop who have been asked by Mid Devon District Council to give up the home they have lived in for seven years because it has no planning permission and it could encourage gypsies and travellers to move to the woodland, where Marcus works as a woodman,

A local parish councillor says that Marcus and Sarah are "highly valued and respected members of the community. They bring woodcraft and knowledge and skills that are rapidly dying out. We believe their low impact and entirely sustainable life-style should be supported and protected." Marcus comes from a family of foresters and is trying to set up a woodland so that people can come and learn about things like coppicing

Sadly for anyone hoping to set up a self-sufficient vegan village, planning authorities will view them with suspicion.

V.V. in Libraries

Sonia Gwilliam wanted her local libraries to display Vegan Views, however, she has received the following reply from Lancashire County Council:

Thank you for the donations of the two Vegan magazines however, on consultation, we feel there is not a significant interest in the subject to warrant a regular subscription so we will not be taking you up on your offer.

Senior Librarian.

Home at last

A mussel found its way back to its seashore home after being put in the post. Lynda Thornton put it in a padded envelope after she found it in a bucketful of shells her son had collected on a trip to North Wales. She posted it to a marine biologist who took the mussel which had survived the 200 km trip to the beach.

Information from The Shell Network.

THE VEGAN BIRDS

EPISODE II
©TP 07
THE MEAT METEOR

THE VEGANS LEARN OF THEIR FATE AND WIDE SPREAD PANIC ERUPTS !!

THEN GRAINS HAS A BRAIN WAVE. HE CALLS A FRIEND!

LEONARDO DA VEGGIE... VEGAN INVENTOR !!

THE STORY SO FAR. WAY INTO THE FUTURE THE WORLD HAS BECOME VEGAN. HOWEVER AN EVIL RULER ON A FAR OFF PLANET HAS SENT A MEAT METEOR TO DESTROY ALL VEGANS AND INVADE! THE VEGAN BIRDS HAVE JUST 24 HOURS TO STOP THE METEOR HITING PLANET EARTH!!

OH! BURN! LENTILS! DRAT AND DAMN! GRRR!! HOLY VEEZE!

FLASH! BOING!!

LEONARDO, WE'RE IN TROUBLE. CAN YOU HELP US? PLEASE!

LEONARDO HOPS IN HIS TIME MACHINE AND BRINGS WITH HIM PLANS TO STOP THE METEOR!!

WE DONT HAVE THE TIME!

MAYBE I SHOULD BE A MEAT EATER SO I CAN SURVIVE

THOMAS HAS DOUBTS!!

HERE ARE DA PLANS! WE WILL NEED ALL YOUR VEGAN RESOURCES... LETS DO IT NOW!

BUT WILL IT WORK?

CAN WE BUILD THIS IN TIME TO USE IT?

HAVE FAITH VEGANS! WE CAN'T FAIL... CAN WE?

PROPERTY OF LAST SUPPER CATERING LTD

EVERY CHEATIN HAM FACTORY GOES INTO FULL PRODUCTION. COUNTLESS SLICES OF MOCK HAM ARE WELDED TOGETHER!!

ALL THE VEEZE FACTORIES COMBINE TO MAKE THE WORLDS LONGEST PIECE OF VEEZE!!

THE CHEATIN HAM AND VEEZE IS TRANSPORTED TO TOFU ISLAND ON HUGE MILITARY VEHICLES

ECO FRIENDLY FUMS

CHEATIN HAM

THIS FORMULA WILL MAKE THE TOUGHEST HARDEST MOCK HAM POSSIBLE NOTHING IS HARDER!

WOW! THAT'S VERY LONG AND STRETCHY! ARE YOU SURE IT WON'T BREAK?

NOTHING BREAKS VEEZE! IT'S THE MOST ELASTIC FLEXIBLE STUFF ON EARTH!! IT'S GREAT ON PIZZA!!

00000

THE VEGAN BIRDS, LIFT OFF CARRYING THE HAM AND VEEZE INTO OUTER SPACE. HOORAY!

ONCE THERE THEY USE STICKY VEGAN JAM TO GLUE THE VEEZE IN PLACE

V.E.G. SCOTTIE GO 4 IT

NOOM!

THAT'S STUCK FAST NOW! VEGAN JAM IS THE BEST GLUE IN THE WORLD!!

OURS IS SECURE AS WELL

OK! THE MOCK HAM IS SECURE BETWEEN THE TWO LENGTHS OF VEEZE! WE'RE READY TO GO LOOK OUT MEAT METEOR WE'RE READY FOR YOU!!

STAY TUNED FOR THE NEXT EXCITING EPISODE. WHERE THE EVIL EMPEROR COPS IT BIG TIME!!

Feeding the Hungry - Without Exploiting Animals

Established in 1963, VEGFAM is a Charity that has been supporting projects that help poor people in undeveloped countries to feed themselves in ways that do not exploit animals.

Their current project for which they need funding is in India to help some of the neglected dalits ('untouchables') out of dire poverty.

Help for neglected dalits

Thousands of dalit children are starving in Andhra Pradesh, India. These illiterate children are unable to go to school and are forced into child labour. They are in constant pain because of hunger. Girls are often forced into the sex trade to get food and a small income. Many children are orphans or survive in broken down huts with their widowed mothers.

Vegfam is hoping to raise £7,000 to set up a Residential Free School, Feeding Centre and Food Production Programme. Initially, 50 children will be given 3 meals a day, an education and a safe home. Food will also be grown to benefit more than 1,000 villagers.

After one year the children will be accepted into state school and the hostel will become a residential home and food production centre. More homes will be set up if funds allow.

Donations for this worthwhile project can be sent to:

Vegfam, Indian Children Appeal, c/o Cwm Cottage, Cwmynys, Cilycwm, Llandoverly, Carmarthenshire SA20 OEU.

Here are some of the projects that Vegfam promoted in 2007:

Livelihood security project

In the Democratic People's Republic of Korea

£6,800 funding for vegetable seeds (for outdoor sowing and greenhouse crops), milling machine, oil press, soya cake producer, noodle machine, dehusking machine to benefit six farming communities (18,000 people) directly. Other people surrounding the farm will also benefit from the increased production and diversification of food in the locality.

This area is suffering from deforestation. Summer temperatures reach above 30° C. Typhoon and tropical storms are common. Winters can be as cold as -30° C. Snow falls from November to January. This project will ensure year round nutrition by the increased yield of crops and the processing of soya cake, nut butters, oils and noodles.

Mobile solar water pump project

India. £6,400.

Funds for: Solar Pumps, Tractor and Trailer unit. for villagers in the districts of Tamil Nadu and Maharashtra. This project will ensure that villagers have the means to access clean, safe water. The mobile unit will pump water into storage tanks and then move on into the next village; returning in time to refill the storage tanks.

This area is very remote and suffers from drought. The people who live in these areas are tsunami survivors and tribal people. They have only received help from Vegfam and our project partner Interlock.

In other areas, multinational companies are moving in and installing electricity in the remote villages (to run water pumps, etc.), also providing the tribal people with televisions and luring family members to work in the cities, to pay for these commodities. The companies are also building roads and convincing these poverty stricken people to sell their sacred cows (which are never usually killed and live for over 40 years). The cows are then trucked abroad on the new roads and processed into beef burgers.

The project will safeguard local water supplies (using solar panels) and ensure that the local inhabitants do not have a need for an electricity supply. - which will in turn keep village traditions intact and safeguard the natural environment.

Street children food project

In South India. £2,000

Funds for land rental, seeds, tools and irrigation supplies for 300 homeless orphaned street children.

This project will produce a supply of fresh nutritious food - providing a daily meal and drink for the 10 to 14 year olds. These youngsters were previously reliant on begging and foraging through bins for left-overs from hotels. Many were undernourished and suffering from disease.

This area near Madurai recently experienced a heat wave of 49°C.

The children are now receiving a nutritious meal and drink each day, a basic education and training in horticultural kills.

Organic vegetable gardens in Brazil

£13,000

Funds for seeds, tools, irrigation and wind driven water pump; provision for a seed bank and the repair of the community tool and seed store building to benefit 90 families (approx 450 people) directly in the State of Paraiba (Brazil's poorest region). A further 3,425 people will benefit indirectly by having access to affordable food.

The area is semi-arid and suffers from drought and desertification.

The project will ensure the supply of fresh vegetables and provide future seeds for planting. Also a seed bank will be set up, enabling future production of the vegetable gardens to be self-sufficient. Seeds will also be distributed to new groups who wish to set up vegan organic gardens.

Women will no longer have to walk to the river to collect water in buckets, as a wind-driven pump will be provided.

This two-year funded project will be replicated next year; setting up a further three vegetable

plots. This process will be ongoing and self-supporting, year after year.

Seeds for poor farmers

In India (Oodai Patty Village) £6,100

Funds for seeds and water channel irrigation works.

This project will provide seeds to more than 1,500 poor farmers. More than 1,000 acres of agricultural lands will be planted with grains and vegetables.

Farmers have not cultivated the land for over four years as they are too poor to buy seeds and pay the costs involved in channelling water to irrigate crops. Many farmers and their families would have died this year without this project. Seed distribution from the harvest should also benefit 25 surrounding small villages. More than 2,000 people in total will be helped.

The project will benefit the villages for three years, after which it should be self-supporting.

As at September 2007, total funding of projects totalled £34,333.

Further Projects which were being considered for the last quarter of 2007 were:

BANGLADESH. Improving Quality of Life Through Water And Sanitation Intervention £6,000. Currently the water in this area is contaminated with arsenic. The project will install 25 tube wells and a rain preservation scheme.

INDIA. Food Distribution, Kitchen Gardens and Water Project. £6,500.

Funds for emergency food and water distribution, seeds and inputs to establish school kitchen gardens.

Vegfam shall also be looking at the possibility of development of a vegetable farm as a food production and income generating project, at a sheltered home for trafficked women and children in Bangladesh.

Funding is also needed for the project to help the dalits of India as mentioned in our second paragraph of this page.

Editor: These projects show us that simple solutions can make a life or death difference to the disadvantaged in poor countries. Charitable institutions seem able to by-pass the indifference and corruption that accompanies most Official Aid to poor nations. Vegans also realise that sending cows and goats to Africa, and other meat-centred projects, apart from being repugnant to their beliefs, are not the most efficient way. Vegfam gives us a wonderful opportunity to help in the way we feel is best.

Web: www.vegfamcharity.org.uk. Online giving: www.charitychoice.co.uk/vegfam

Facsimile by arrangement. Please first phone 01550 721197.

Words from the Wise

I have from an early age abjured the use of meat and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.

Leonardo da Vinci

Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet.

If slaughterhouses had glass walls, we'd all be vegetarian.

It is my view that a vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind.

Albert Einstein

Any religion or philosophy which is not based on a respect for life is not a true religion or philosophy.

Not until we extend the circle of our compassion to include all living beings, shall we ourselves find peace.

Albert Schweitzer

I am in favour of animal rights. That is the way of a whole human being.

I care not much for a man's religion whose dog and cat are not the better for it.

Abraham Lincoln

Until we stop harming all other living beings, we are still savages.

Thomas Jefferson

The practice of religion involves, as the first principle, a loving, compassionate heart for all creatures.

The Buddha

There is not an animal on the earth, nor a flying creature on two wings, but they are people like you.

The Koran

He who takes pity even on a sparrow and spares its life, God will be merciful to him on the Day of Judgement.

Mohammed

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.

St. Francis of Assisi

Dr. Cheyne advised me to leave off meat and wine, and since I have taken his advice I have been free, blessed be God, from all bodily disorders.

John Wesley

I do not regard flesh-food as necessary for us at any stage and under any clime in which it is possible for human beings ordinarily to live. I hold flesh food to be unsuited to our species. We err in copying the lower animal world - if we are superior to it.

Man's supremacy over the lower animals means not that the former should prey upon the latter, but that the higher should protect the lower and that there should be mutual aid between the two as between man and man.

The greatness of a nation and its moral progress can be judged by the way its animal are treated.

Mahatma Gandhi

Nothing more strongly arouses our disgust than cannibalism, yet we make the same impression on Buddhists and vegetarians, for we feed on babies, though not on our own.

Robert Louis Stevenson

If a man aspires to a righteous life, his first act of abstinence is from injury to animals.

The vegetarian movement ought to fill with gladness the souls of those who have at heart the realisation of God's kingdom on earth.

Leo Tolstoy

It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

I for my part, wonder of what sort of feeling, mind or reason, that man was possessed who was first to pollute his mouth with gore, and to allow his lips to touch the flesh of a murdered being; who spread his table with the mangled forms of dead bodies, and claimed as daily food and dainty dishes what but now were beings endowed with movement, with perception and with voice.

But for the sake of some small mouthful of flesh we deprive a soul of the sun and light, and of that proportion of time it had been born into the world to enjoy.

Plutarch.

But they of Ancient Times, justly called The Age of Gold, were content with the fruits of their trees and herbs of the earth; stained not their lips with blood. All things were full of Peace.

Animals share with us the privilege of having a soul

Pythagoras

The soul of all living creatures is the same, although the body of each is different.

Hippocrates

By all that is sacred in the hopes for the human race, I conjure those who love happiness and truth to give a fair trial to the vegetable system.

I wish no living thing to suffer pain.

Percy Bysshe Shelley

The pretended rightlessness of animals, the delusion that our treatment of them is without moral significance, is a truly revolting brutality and bestiality.

It is not upon any true ground of reason, but from a foolish arrogance and stubbornness, that we put ourselves before the other animals and remove ourselves from their condition and fellowship.

There is a general responsibility of humanity that binds us not only to the animals, who have life and feeling, but even to trees and plants. We owe equity to men and kindness and benevolence to all other creatures.

Montaigne

For myself, I believe that pity is a law like justice, and that kindness is a duty like uprightness. That which is weak has the right to the kindness and pity of that which is strong. Animals are weak because they are less intelligent. Let us therefore be kind and compassionate towards them.

Victor Hugo

Men who have practised torture on animals without pity, relating them without shame, how can they still hold their heads among human beings?

Dr. Samuel Johnson

I cannot think it extravagant to imagine that mankind are no less, in proportion, accountable for the ill use of their dominion over creatures of the lower rank of beings, than for the exercise of tyranny over their own species.

Alexander Pope

The establishment of the common origin of all species logically involves the readjustment of altruistic morals, by enlarging the application of what has been called the golden rule from the area of mere mankind to that of the whole animal kingdom.

Thomas Hardy

A Look at the News

A Short Life

In order to keep cows in constant lactation, they have to be kept constantly pregnant and the result is that calves will be born. Female calves can be used to supplement the milking herd, but male calves born from mothers bred as milkers are not suitable for beef production. So, at one day old, the farmer shoots them. Some farmers are now saying that it causes them distress to have to destroy a life that they have only just helped to bring into the world and they would prefer to keep them alive for a few months to sell on for veal.

Since the UK has banned veal crates, the practice that kept the calf imprisoned in a box where he could not even turn around, calves can be given some space to move about and associate with fellow creatures, but not their mothers, as they would 'steal' the cow's milk which is reserved for humans and not allowed for the calves for whom nature intended it. The calves will not live long, but the farmers' consciences will be a little easier. Also it will be more profitable for them than just 'wasting' a day-old creature and with the supermarkets controlling the price of milk to prices unprofitable for the dairy farmer, it will also ease their financial situation.

Animal Diseases

Bluetongue is a disease that affects cattle and is spread by midges. There were a few cases in East Anglia last year and the midges are dormant in the winter, and we will have to wait until next year before we know whether it will take hold and cause the devastation that foot and mouth caused last year.

Avian flu is still considered by epidemiologists to have a potential threat, similar to the great flu epidemic of 1918, if it did mutate into a strain that would spread among humans directly. It has not done so and as yet is no real cause for alarm, but isolated cases of bird flu have been found near the Abbotsbury Swannery near Chesil Beach in Dorset

Chickening out

Early in January 2008, TV viewers were confronted with pictures of the reality of intensive chicken production. This has led to an increased demand for free-range chickens which was greater than the UK could produce. Free-range chickens have been imported from France to satisfy the demand. Overall consumption of chicken has also increased, so the total amount of suffering has not been reduced.

Badgers and TB

Farmers are again asking the Government to kill badgers because they are carriers of Tuberculosis and infect their cattle. Scientists argue that culling badgers results in the badgers spreading to other areas where they spread the disease further. At present, the taxpayer pays out around £190,000 to farmers in compensation for farmers having to kill the TB infected cattle to avoid the disease spreading.

Living on the Moon?

Scientists are thinking ahead of the possibility of sustaining life on the moon, if only as supplements for brief visits. They could grow algae, like spirulina and would make use of body wastes as fertilisers. Planning further ahead they would like to grow tomatoes, lettuce or potatoes. They realise that psychologically, humans would be unhappy without seeing some greenery around them and they would like also to grow some roses. No question, of course, of introducing cows or smaller animals. That would be impossibly uneconomical.

So why do people imagine that it makes sense to subsidise sending cows or goats to poorly fertile lands in Africa?

Instead of dreaming about colonising the moon, why not concentrate scientific efforts on creating fertility in the deserts of planet earth - the enormous deserts of the Sahara where it is known that there are areas with water accessible underground. Australia also has a huge desert area, more worthy of being colonised than is the moon. and you don't need rocket science or rocket fuel to get there. It's easier and makes more sense to maintain life on earth.

People are planting trees on the Sahel, the edge of the Sahara, bringing food and boosting income.

Another simple solution for sustaining life on earth was discovered half a century ago by plant scientist N.W. Pirie. Herbivores have special bacteria to enable them to break down the coarse fibres of grass stems. He found a way of making those proteins available to humans also by a simple process of fermentation and with a simple centrifuge (like a juice extractor) a paste is produced which can be used in cooking or made into a cake. The Find Your Feet organisation was formed and it was successfully promoted among poor people in South America, India and elsewhere with great success. It was taken up enthusiastically by women using local plants. They saw the supplementary protein brings great benefit to their children's health, especially as it also contained important vitamins and minerals. Since women are in charge of providing food, it was also a source of income for them. It was not possible, however, to promote this on a large scale, since there was no profit in it for large western corporations, whereas selling seeds for which they hold patents does make profits for them.

Experimentation on Humans

In the 1940s after the war, service personnel were encouraged to go to Porton Down research establishment near Salisbury in Wiltshire where they were told they would be taking part in research into the common cold. In fact they were tested with nerve gases that seriously affected the health of many of them.

The research unit was first set up during the first World War when the German Army used poison gases such as chlorine to disable the opposing enemy forces. It seemed imperative to research into ways of countering this threat.

During World War Two there was much concern that poisonous gases might again be used and the general population was issued with gas masks. After the War came the Cold War and research into poisonous gases continued. There was much secrecy about this experimentation, which no doubt was a reason for the deception played on the soldiers. The fact is that they became involved in tests for nerve gases and chemical weapons, and many suffered in consequence. The authorities, including the Ministry of Defence would never admit to this, and, after decades of litigation, they have finally agreed to compensation for the victims and apologised though not admitting to any liability. Many of the victims have already died and the rest are of course very old.

There is an implication that the only real tests occur when they are made on humans. Animals react so differently from humans that testing on animals is just a waste of time and tossing a coin would be just as appropriate.

School Cookery Lessons

The government is requiring schools to start cookery lessons for 11 to 14 year olds once a week from next September. At present children study Food Technology which embraces aspects of production and marketing rather than learning to cook for themselves. It is hoped that a closer connection between the actual ingredients and how to cook them will help reduce health dangers and obesity.

800 cookery teachers will be trained and kitchen equipment like cookers will have to be installed as many schools cleared them out many years ago after domestic science classes were discontinued. It is hoped that children who at present mainly see food as processed and ready packed meals will become acquainted with actual fruit and vegetables and how to cook them. Processed foods usually contain salt and sugar as preservatives and are often high in fat. Any glance at labels will list many other preservatives, emulsifiers colourings and flavourings that are not necessary for nutrition and may have a detrimental effect on at least some children. Children will have to provide their own ingredients, so there may well be more emphasis on vegetarian sources rather than perishable meat products.

Biofuels and other alternatives

The high standard of living enjoyed today is dependent on energy supplied by fuels created in primeval times in the form of coal or petroleum. The extensive use of these fuels and the increasing need for them as developing nations in their billions aspire to emulate the high standard of living of the richer nations, means that the present sources of energy will

soon be depleted. they must eventually become completely used up. The point has been reached where it has become necessary to develop alternative forms of energy.

Coal and Petroleum were formed from the decay of plants in earlier days of the earth's formation and modern technology is seeking to grow plants for conversion into fuel. One way is to convert plants into ethanol that is added to petrol in a proportion of about 5%. This is being promoted in the USA by growing maize (sweet corn) and elsewhere from wheat, rape seed, etc. On further analysis, it is seen that growing these crops contributes about as much to global warming as does the saving in emissions from the use of fossil energy and concern about global warming is a high priority. One solution that is not being developed is to grow fast-growing willows which can be coppiced and used as fuel whilst still being maintained as woodland that will remain as a carbon sink.

Another source of energy is to make use of the large amount of waste we produce. This is being done in Salford, where waste is taken from landfills and converted into combined heat and power that can provide energy for 1 thousand houses. This reduces the need for landfill sites and the amount of CO2.

Other sources of energy can be derived from water as in waterfalls, dams or waves and tides; from the wind which blows fiercely in many parts of the world; or directly from the sun which is after all our basic source of energy.

China has been engaged for several years in the Three Gorges Dam project. A hugely ambitious project that is holding back the flow of the yellow River for hundreds of miles. It has already displaced a million people including a whole city. It is so huge that it is taking some years to fill the dam to its final height. When the powerful turbines come into operation (perhaps this year) they will reduce by millions of tons the need for coal now being used in the 'dirty' power stations that are of great concern to environmentalists. A problem with dams is that they pile up the silt that flows down rivers and the effectiveness of the dam is eventually reduced. A further problem is: how will this affect the regions lower down the river ?

We can use the power of the sun to heat our domestic water and central heating with solar panels on the roof of houses and to heat swimming pools. One problem often raised is that the sun does not always shine brightly and shines least in winter when it is most needed.

There are, however parts of the world where the sun does shine fiercely all the year such as the Sahara Desert which is also a vast unoccupied space. Whereas people in UK may complain if wind turbines are sited near their homes or in beautiful locations, the Sahara is mostly empty and development there might even bring advantages.

A project is already in construction in Egypt to build huge mirrors that will focus on a point where water is positioned to heat up steam that drives turbines to produce electricity. Engineers can foresee a vast expansion of such mirrors in the Sahara and are confident that there is enough space to provide all the energy needs of Europe and the Middle East or even

the whole world from that area alone. Prince Hassan of Jordan is enthusiastic about this idea. High voltage cables would have to be laid between Libya and Sicily and between Morocco and Spain across the straits of Gibraltar and power could be run right up to Scandinavia.

Water would be obtained from the oceans through desalination plants which would of course be powered by the very power they help produce.

The shade from the giant solar panels and the supply of water would make it possible to grow crops in hitherto desert areas.

The possibility of this project is vast and looks a huge step forward for life on our planet. It seems as though a whole new era could be before us.

Unfortunately, the sun only shines by day and running electric cables from the Southern to the Northern Hemisphere is unthinkable.

Global Warming is increased by the destruction of rainforests which are huge sinks for CO2. In this country we go to considerable expense and time preserving endangered species such as badgers or certain newts. But people eat meat and meat products are complicit in the destruction of large areas of rainforests. This results in the destruction of many animals including whole species, also many plant species that might have medicinal value, and which are safer than expensive pharmaceutical drugs. The destruction of rainforests for soya bean cultivation is not due to the demands of vegans. Soya is fed to cattle in the modern farming methods of rich nations. Cattle rearing also requires vast amounts of water which is becoming scarce all round the world. Again we find veganism as a solution to this world problem.

Whaling

The group called Sea Shepherd have been following the Japanese whaling fleet in the Antarctic and publicised the fact that the Japanese claim they are killing whales for the purposes of scientific research. As no research papers are ever produced, it is clear that this is merely a pretext.

However, a Japanese lady wonders what the fuss is about since Western nations kill and eat lambs which she sees as lovely, cuddly creatures.

Iceland promotes whale watching - a tourist attraction which, worldwide, makes £ 1/2 million.

The unique Galapagos Islands in the Pacific Ocean were made famous by Charles Darwin's observations. Today the Galapagos are controlled by the government of Ecuador and are part of a National Maritime Park. The Sea Shepherd organisation is helping the Ecuador Environmental Police to intercept boats carrying more than 18,000 shark fins and 40,000 sea cucumbers and to confiscate 30 miles of illegal long fishing lines.

Water Resources

"All my life everything has been about water. I want to have a bath, there is no water. I want to

wash clothes, no water. I want to cook, no water. Always everything is water, no water." says Haua Musa from Fukaji village, Nigeria. according to the Charity Water Aid.

The Movement for Compassionate Living - the vegan way remind us that farmed animals require a lot of water, so what sense does it make to send a cow or a goat to Africa, an indirect way of feeding people when planting trees can provide good nourishment and renew the environment.

Health from Plants.

Are supermarkets trying to catch on to proving plants are the source of good nutrition?

Tesco packets of nuts clearly display the following information:

Walnuts are high in magnesium, important for bone health and turning food into energy.

Cashew nuts are a source of fibre which help and monitor a healthy digestive system.

Brazil nuts are a good source of vitamin E which help keep your skin healthy

Pine nuts also contain vitamin E.

Pistachio are high in protein essential for the body's growth and repair.

Sunflower seeds are high in magnesium which is important for healthy bones and turning food into energy.

A Waitrose supermarket leaflet tells us about everyday foods full of goodness and they tell us that they taste good too adding them to your everyday diet is a treat not a chore. Each pack has mouth-watering ideas.

Nuts are packed with fibre and protein and contain 'good' fats which can help lower cholesterol, just a handful of Brazil nuts will provide your daily requirement of the mineral selenium, a powerful anti-oxidant, while walnuts contain Omega 3 fatty acids.

Cereals, grains and seeds are excellent sources of fibre and carbohydrates and are at their most nutritious in wholegrain form. Try nutty-tasting millet or delicious flavoured quinoa as an alternative to rice and couscous.

Dried fruits are high in fibre and count toward your five a day target.

Seeds are nature's little powerhouses - so full of goodness including minerals such as iron, zinc and magnesium, that nutritionists call them superfoods.

Beans and pulses are high in fibre, protein and calcium and will help you achieve your five-a-day. Try serving creamy haricot beans or adding protein-packed green lentils to a hearty casserole.

Lobsters have brains

We know quite a bit about lobsters. For instance, they have several brains called ganglia and a complex nervous system running down the underside length of their bodies. The National Lobster Hatchery in Cornwall has discovered that:

- Lobsters taste with their feet.
- They have three stomachs
- They can live to be 100 years old

Vegan Organic Growing



By Graham Cole, snapped in his greenhouse

Herbs - Part Two

As we saw in the last article [VV113], it is possible to grow quite a range of herbs, both annual and perennial, they do not take up a lot of room and many can be grown in containers. Sun is needed for most of them although the mints can do well in quite a bit of shade.

They will be fresher, more nutritious and cheaper if we can find the space and grow our own. Here are some more examples....

Parsley

Used since Greek and Roman times, parsley has two basic types-flat/plain-leafed and curly-leafed. Parsley is a biennial-flowering plant then dying in its second year-but is usually grown as an annual. It is slow to germinate, but is worth growing for a good supply of very nutritious leaves providing iron, calcium and vitamin C. Sow from March onwards in a warm place-windowsill, cold frame or greenhouse. Another good time to sow is outside in July, even in a large pot. Keep well watered to aid germination and they should sprout up in three to four weeks.

Parsley plants can be bought from garden centres and then planted out at a good size. It prefers damp conditions with partial shade, is hardy but will produce fewer leaves if left outside so cover plants with a cloche or move potted plants indoors to greenhouse or frame to give you fresh tender leaves in winter.

Harvesting can be continuous and will constantly produce new growth in warm conditions. Try growing as an ornamental border edging.

Varieties: "Italian Giant" (plain leaf), "Moss Curled".

Coriander

A favourite this, with its unique, exotic flavour that is essential in Indian and Thai cooking or even in a salad mix and easy to grow from seed.

Coriander does not like being moved, so it is best sown where you want it to grow, either in

the ground or in large pots. Sow in late spring or early summer. In August sow some in pots for the windowsill/cold frame/ greenhouse for a supply in autumn and winter, but must have plenty of light and do not over-water.

Coriander is annoyingly quick to flower and set seed before it has produced much leaf, particularly in hot conditions, so it is best sown little and often. Fine feathery leaves at stem tops are a sure sign the plants are about to flower.

Well drained soil in a sunny spot is essential. Keep picking mature leaves as and when needed, this regular cropping should delay flowering. Once plants do flower allow to set seed and collect when ripe and use in cooking, keeping some to sow for another crop. The Variety "Cilantro" is better for leaves and slower seed production.

Thyme

A staple Mediterranean herb for flavouring and a good bee plant in the garden.

Thyme is an evergreen dwarf shrub and a huge range of varieties is available out there. Buy in spring for planting in beds or containers. Quite easy from seed as well. All the types like a warm sunny site in well-drained soil that is low in nutrients. Add grit to the planting hole or container. Trim plants after flowering to keep neat and encourage new growth.

Snip off stems as you need them and strip off the leaves. Can be hung in bunches to dry and then store in airtight container.

Varieties: Common Thyme, Lemon Thyme, many variegated types for ornamental use

Marjoram / Oregano

This low-growing hardy herb is the classic flavour in Italian dishes and is easy and well worth growing. Buy small plants of named varieties from a garden centre in March and plant in a warm sunny spot with well-drained soil. Also good in containers and cut back after flowering. Will last many years. Pick the leaves whenever you need them for using fresh and also dry some for later use, tying stems in bunches and hang in kitchen to dry. Crumble dried leaves off the stalks into airtight container.

Varieties: Wild Marjoram, Golden Oregano, Compact Oregano.

Rosemary and Sage

Perennial evergreen shrubby herbs with similar needs and use. Nice flowers attractive to bees and other insects.

Both need a well-drained, fertile and sunny site and are long lived if kept trimmed to prevent getting too leggy. Fresh leaves can be picked any time before flowering.

Rosemary can be dried for winter use, adding a sprig to olive oil for salad dressings. Sage can, in theory, be picked all year round.

Varieties: Common Rosemary, various prostrate varieties, Green Sage, Purple Sage or even Variegated Sage.

Lemongrass

Finally... a tender herb worth trying if you have a conservatory, greenhouse or sunny windowsill: lemongrass, which can provide a strong lemony flavour. Can be grown from seed needing some heat in a propagator, or is readily available in most large supermarkets as cut stems. If the stem is fresh and hasn't been over-trimmed you can get it to root in a jar of water. Fares best grown permanently in a container.

I plan to try for the first time this year....

The Year Ahead

Now as I write in early March with sun, blue sky and dry conditions in the south for some weeks and record sunshine hours for February in many parts of the UK is the winter over now? Little too early to say with hard frosts still at night, but if it continues dry and settled I shall start to get some land ready for sowing and planting by turning well rotted surface mulches and over-wintering green manures in.

If it turns and gets cold and wet for a while at least some plot space is ready for the tasks ahead so some caution is advised. But all the while the sun is getting stronger and we look ahead to lush leaves, flowers and tasty fruit and veg as the new growing season gets underway!

Look out for various Vegan-Organic Gardens, Allotments and Farms Open Days this summer-details from VON.

Maybe see some of you on the VON stall at various festivals and shows this summer...

Seed, Plants & Sundries

Tamar Organics www.tamarorganics.co.uk. Cartha Martha Farm, Rezare, Launceston, Cornwall PL15 9NX. 01579 371087. For all seeds, including good range of Green Manures and Animal-Free Fertilisers.

Agroforestry Research Trust www.agroforestry.co.uk. Tel: 01803 840776. For plants and seeds. Perennial edibles-fruit, nuts, etc. Booklets

Contacts

Vegan Organic Network (VON) www.veganorganic.net. See p 17 for full details.

Spicy Chickpea Casserole

250g (8oz) dried chickpeas, soaked overnight or use 432g (15oz) can of cooked chickpeas, drained.

500g (1lb) spinach, stalks removed

175g (6 oz) courgette, sliced

1 1/2 tablespoons olive oil

2 onions, sliced

1 garlic clove, sliced

2 teaspoons, ground cumin

1 teaspoon, ground coriander

1 teaspoon ground ginger

Salt and soy sauce to taste

Method

Drain the chickpeas you soaked overnight and cover with fresh water. Bring to the boil and cook until tender (about one hour). It helps if you mash them once they have become tender, but keep checking there is enough water. Drain and reserve the water.

Wash the spinach and boil for about 5 minutes. Drain and chop.

Heat the oil in a large saucepan, add the onions and garlic and cook for 10 minutes, stirring occasionally.

Add spices and cook for another 5 minutes

Add 600ml (1 pint) of the reserved cooking liquid (or water) to the casserole bring to the boil, stir well and add the chickpeas, spinach and courgettes, adding more water if necessary. Simmer for ten minutes, add seasoning. Serve hot.

Bulgar Wheat with Spinach and Garlic

375g (12oz) spinach

4 tablespoons olive oil

2 garlic cloves, crushed

1 large onion, finely sliced

175g (16oz) bulgar wheat, soaked in hot water for 20 minutes to swell the grains.

300ml (1 1/2 pints) vegetable stock

Salt and pepper to taste

Method

Wash the spinach and lightly cook in boiling water for about 5 minutes. Drain and chop.

Heat the oil in a large frying pan or saucepan, add the garlic and onion, sauté for 3 or 4 minutes until soft. Drain the bulgar wheat, add to pan and stir till well mixed. add the stock and spinach and stir again.

Simmer for ten minutes, stirring occasionally

Season to taste and serve hot.

Simple Vegetable Pie

1 small can baked beans

1 small can peas or sweet corn

RECIPES

1 onion, best if first fried for 5 mins

1/2 tablespoon of flour

1/2 teaspoon yeast extract (eg Marmite)

1/4 pint vegetable stock

Salt and pepper to taste, or soya sauce.

1lb mashed potato, (with fresh parsley or parsley and thyme stuffing)

200g or 6oz short crust pastry

3 tablespoons vegetable oil for frying

Method

Fry the onion lightly until softened (5 minutes) and add flour, stock and yeast extract. Simmer a few minutes until slightly thickened, then stir in all the vegetables. Season.

Turn into a pie dish, top with the mashed potato or pastry and bake for 30 minutes at 250°C/450°F. Gas 8.

You can add any vegetables to hand, chopped.

Ratatouille

2 large onions

2oz vegan margarine

1 lb courgettes (or vegetable marrow)

1 can tomatoes

2 cloves garlic

Chopped parsley or basil,

Salt and pepper to taste

Diced Aubergines, optional.

Cut up the onion and gently fry in margarine in large pan.

Chop the courgettes (or marrow) and add to the pan with chopped tomatoes and seasoning.

Bring to the boil and simmer gently for 20 to 30 minutes.

Tagliatelle with Garlic and Parsley Dressing

(Serves 4)

8oz/225g tagliatelle

2 large garlic cloves. crushed

4 rounded tablespoons finely chopped fresh parsley

3 tablespoons olive oil

Method

Cook the tagliatelle until al dente

Meanwhile, heat the oil in a large pan and gently fry the garlic and parsley for a couple of minutes. Drain the tagliatelle and add. Remove from the heat, toss thoroughly and serve immediately.

Recipe from:

A Vegan Taste of Italy by Linda Majzlik.

Mixed Veggie Jerk

(Serves 4)

1 1/2 lb/675g prepared mixed vegetables, diced (sweet potato, yam, peppers, okra, aubergine, courgette)

1 lb/450g ripe tomatoes skinned and chopped

Fresh coriander

Jerk Marinade:

1 onion, peeled and finely chopped

4 garlic cloves, crushed

1 chilli, finely chopped

1 inch/2.5cm root ginger. peeled and finely chopped

2 tablespoons lemon juice

2 tablespoons sunflower oil

2 tablespoon Demerara sugar

1 dessertspoon soy sauce

2 teaspoons ground allspice

1 teaspoon ground cinnamon

black pepper

Method

Parboil the yam and sweet potato for ten minutes. Drain and put in a large pan with the other diced vegetables.

Mix all the marinade ingredient and spoon over the vegetables. Combine well, cover and leave for 2 hours

Then add the tomatoes and bring slowly to the boil, whilst stirring. Cover and simmer for about 25 minutes, until the vegetables are cooked, stirring frequently to prevent sticking.

Transfer to a warmed serving dish and garnish with fresh, chopped coriander.

Serve with a rice dish salad and cornbread

Cornbread

8oz/225g fine cornmeal

4oz/100g self-raising flour

2oz/50g vegan margarine, melted

1oz/25g soya flour

8 fl.oz/225ml soya milk

8oz/225ml plain soya yogurt

1 rounded dessertspoon baking powder

1 small red chilli, finely chopped

1/2 teaspoon salt

Method

Whisk the flour with the soya milk in a large bowl. Add the margarine, yogurt and chilli and mix well.

Gradually add the cornmeal, sifted flour, baking powder and salt

Combine thoroughly and spoon the mixture into a base lined and greased 8inch/20 cm loaf tin.

Level the top and bake in a pre-heated oven at 100°C/375°F/Gas Mark 5 for about 30 minutes.

until the bread is golden and a skewer comes out clean when inserted in the centre. Run a sharp knife round the edges and turn the loaf out onto a wired rack. Cut into slices and serve warm, either plain or spread with vegan margarine.

The above two recipes are from: A Vegan Taste of the Caribbean by Linda Majzlik

Hot Cross Buns

750 grams flour

15 grams dried yeast (or 35g fresh yeast)

100 grams currants

1 teaspoon allspice

1 teaspoon cinnamon

50 g of candied peel

425 ml tepid cold water (not hot).

4 tablespoons oil

12 g of salt (sea salt better)

Syrup to glaze (rice syrup can be used)

Method

Place half the flour and all the peel in a bowl

In a separate bowl place yeast, oil, currants, allspice, cinnamon and water. Leave until yeast is active, i.e. bubbles appear on the surface.

When the yeast is active add to the flour and candied peel. This will be a thick batter. Beat well.

Leave batter mixture until it has doubled in size.

Then add salt. Salt added before this stage will kill the yeast.

Beat the mixture well, slowly add the rest of the flour until you get a 'soft' dough. This is important - the stiffer the dough, the heavier, and we are hoping to have light, soft hot cross buns. You may not need all of the flour, it depends on its absorbency.

Shape the buns. (50 g of dough will give a good sized bun) and place on a well oiled baking sheet.

A cross made of pastry is now added. Leave to rise.

Turn on oven to 250°C/450°F, Gas No.7.

When the buns have doubled in size. Cook for 14 minutes in a very hot oven. It is important that the buns are cooked in a hot oven.

When taking them out of the oven glaze with syrup (rice syrup).

Yorkshire Pudding

A wartime eggless recipe

4 tablespoons plain flour

1/2 pint 'milk' or, 'milk' and water

pinch of salt

1 teaspoon vinegar

1 level teaspoon Baking Powder

Method

Mix the flour, baking powder and salt.

Make a well in the centre

Pour in the vinegar and 'milk' gradually

Beat well for 10 minutes

Allow to stand for an hour or more, then beat again

Pour oil into baking dish and bring to heat, then pour on the mixture

Bake in a fairly hot oven for about 30 minutes 250°C/425°F Gas no.7

Vegan Cookery Books

Vegan Rustic Cooking for all Seasons by Diana White. New Edition with 160 recipes.£9-95

So What Do You Eat? by Liz Cook £12-95

Spiral bound so that it stays open at the right page. Wipe clean pages. Vegan versions of conventional meals.

Vegan Feasts by Rose Elliot £8-99.

A wide range of vegan recipes from simple to sophisticated by Rose Elliot who has been writing vegetarian cookbooks since 1967.

A Vegan Taste of Italy

A Vegan Taste of India

A Vegan Taste of Greece

A Vegan Taste of the Caribbean

A Vegan Taste of Thailand

...and many more at £5-99

All books are available from October Books (add £2 for postage) 243 Portswood Road, Southampton SO17 2NG. Phone 023 8058 1030. www.octoberbooks.org/veg

Free Vegan Cookery Workshop for Young People

The Vegetarian Society offers a number of 15 to 25 year olds the chance to attend a fully funded one-day vegan workshop. The next course will be held at the Cordon Vert School on Saturday 30th August 2008 in Altricham, Cheshire.

Contact Margaret Chatfield at: vegetariansociety*AT*btinternet.com or write to Margaret at: "The Veg" Charity, Cobblers Cottage, Chapel Lane, Audlem, CW3 OEU for an application form. This course cannot be booked via The Cordon Vert School nor via the online booking form.

What Do YOU Eat?

Vegans are interested in food, so why not write or Email us about what YOU eat. If you have a special recipe for special occasions, please share it with us. But we are also interested in knowing about your everyday diet. Do you do a lot of cooking or do you rely on ready meals from Health Food Stores or Supermarkets? Do

you find it easy to get vegan foods, especially when eating out? Please let us know.

New not-for-profit veggie café in Southampton

The Art House is an art gallery that has recently introduced a veggie café. It's at 81a Bedford Place, Southampton, SO15 2DF (entrance on Henstead Road). All staff are currently voluntary. One volunteer is vegan so a large proportion of the food is vegan. Open Tue-Fri 11am-6pm, Sat-Sun noon-5pm. Main meals served noon-2pm, drinks + snacks/cakes available outside these hours. Also open Fri-Sat evenings 7pm-10pm (last orders 9pm). Web: www.thearthousesouthampton.co.uk. Tel: 023 8023 8582.

Price squeeze

Pig farmers have seen their costs rise owing to the escalating price of grains which compose 50% of the cost of pig production. Supermarkets have put up their prices to cover those cost increases but have not passed on the increase to producers. As a result, these are suffering heavy losses and many are going out of production.

Would not the farmers be better off if they switched to producing the grains now attracting higher prices?

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)
www.arcnews.org.uk (animal rights news)
www.realfood.org.uk (vegan campaign group)
www.veganbuddies.org.uk
www.veggievision.com (internet TV station)

Lists of veggie restaurants & cafés

www.happycow.net (worldwide)
www.vegdining.com (worldwide)
www.veggieheaven.com (UK)
www.vegetarianvisitor.co.uk (UK)
www.vegout.info (UK)

Veggie/vegan accommodation

www.vegcom.org.uk (UK)
www.vegetariansabroad.com

Vegan products guides

www.isitvegan.info (vegan foods/drinks)
www.isitveggie.com (vegan foods/drinks)

Vegan online shopping

www.viva.org.uk
www.animalaid.org.uk
www.veganstore.co.uk
www.octoberbooks.org/veg (vegan books)

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)

**Be kind to your friends
By Not Eating Them.**

Vegans in your area

SOUTH

Vegan Bristol help people of all backgrounds and experience access all aspects of vegan lifestyle in the area, including information about the Bristol Vegan Fayre. Web: www.veganbristol.makesense.co.uk.

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8941 8075 or email Lesley*AT*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.

Bedford Vegetarians 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: <http://essex.veganfestival.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.

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Web: www.vegfolk.co.uk.

Vegetarian lady in **North Cornwall** interested in starting a group for other veggies & vegans in the area. Emphasis will be on socialising and animal welfare issues/campaigns. Phone 01208 850530.

Solent Vegetarians & Vegans Social events and stalls. Web: www.solentveg.org.uk.

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Web: www.solentveg.org.uk/bvv.

Isle of Wight Vegetarians & Vegans Tel: 01983 407098. 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*AT*lineone.net. Web: www.wiz.to/penzancevegans.

Guildford Vegetarian Society 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.makesense.co.uk/tvvvs.

Andover Veggies and Vegans, for all vegetarians and vegans who live near Andover in Hampshire, also welcome all able to travel to Andover for meetings. email: andoverveggiesandvegans*AT*yahoo.co.uk.

WALES

Swansea Vegans usually meet on third Monday of month. Contact Bob Lewis at 17 Pheasant

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. 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.

Road, Trebanos, Pontardawe, Swansea SA8 4DN.

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*AT*aol.com.

Angel Magic Psychic clairvoyant insight and loving guidance. Life coaching and counselling. Powerful, transformational healing can help you in any area of your life. Learn how to transform our world into a vegan paradise with angelic help. Tel Pippa 01425 479149.

MIDLANDS

Leicestershire Vegetarian/Vegan Group Web: www.leicesterveggies.org.uk.

Shropshire Malcolm Cramp Tel: 01952 432874. Malc*AT*c3173.freeserve.co.uk.

Nottingham Animal Rights Nottingham's all vegan social club meets on alternate Thursdays at 7.30pm at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Phone 0845 458 9595 for details. Email: nar*AT*veggies.org.uk or see www.veggies.org.uk/nar.

Veggies Catering Campaign, based in Nottingham, co-ordinating all things vegan at www.veggies.org.uk/nvvs.

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

NORTH

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. Tel: 01482 471119.

Manchester Vegan Society meet on last Saturday of the month from 1pm at The Basement, 24 Lever Street (off Piccadilly Gardens) Manchester. Children Welcome. Tel: 01204 465426. E: sarahalliez*AT*yahoo.co.uk. <http://groups.yahoo.com/group/manchester-vegan-society>

Manchester Vegetarian and Vegan Group. A large and lively social group and email list for all vegans and vegetarians around Manchester. Regular meetings and a friendly email discussion list. Visit www.mvg.co.uk or call Mike on 01204 654401

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. Web: www.leedsveg.co.uk.

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate). Email: patricia*AT*p-m-t.freeserve.co.uk.

Northern Vegans UK (NVUK) <http://northernvegans.ning.com> is an online social network for vegans living in North East England/Scottish Borders region. It's free to join. The aim of NVUK is to arrange monthly group meets/socials and to organise group trips and events.

SCOTLAND

University of Glasgow Vegan Society www.gla.ac.uk/clubs/vegan

Scottish Vegans Formed to promote veganism in Scotland. Socials, exchange of views, recipes, ideas, advice. etc. Meet in each others' homes, pot luck meals ScottishVegans*AT*yahogroups.com

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, 21 Hylton Street, Hockley, Birmingham. B18 6HJ. Tel: 0121 523 1730. Local rate: 0845 458 8244. 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*. Secretary/Membership/Treasurer: Ireene-Sointu 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 0845 458 4717 or 01639 841223. www.MCLveganway.org.uk. Distribution of booklets, leaflets is c/o Veggies 245 Gladstone Street, Nottingham NG7 6HX Tel: 0845 458 9595.

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 VON, 80 Annable Road, Lower Bredbury, Stockport SK6 2DF. Email info*AT*veganorganic.net. Membership and enquiries 0845 223 5232 (local rate). www.veganorganic.net.

Plants for a Future. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org.

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.

Advertisements

B&Bs & ACCOMMODATION

The Manna House. An ethical housing initiative providing quality, affordable rental accommodation specialising in rooms & bedsits/spacious studios in large shared houses. non-smokers, meditators, vegetarians+ particularly welcome. Inner South London based. www.themannahouse.com. 020 7639 0500.

Anglesey. N. Wales Unique converted stables offering self-contained accommodation with vegan lunch and three-course dinner delivered direct to your table. Close to beautiful beaches, countryside and mountains. All mod cons and a lovely log fire. More details from tel.01407 720407 or Email paul.mattock@AT*virgin.net.

VEGCOM stands for "vegan/VEgetarian acCOMmodation". It is a free accommodation listing service for vegans and vegetarians looking for somewhere to stay or offering someone somewhere to stay. It can be accessed from the London Vegans website: www.londonvegans.org.uk. Copies can be requested by post, by e-mail or fax. It now covers most of UK. To have your accommodation requirements listed go to www.vegcom.org.uk/lv and complete an "Accommodation Offered" or "Accommodation Wanted" entry form under the relevant section. Unless you specify otherwise, entries are listed for three months. For regional listings go to www.vegcom.org.uk. Please word your entry exactly as you want it to appear. Distinguish between vegetarian and vegan if this matters to you and note that some vegans drink alcohol and/or smoke. You can contact: By post, London VegCom, 7 Deansbrook Road, Edgware HA8 9BE (with SAE). Fax, 020 8931 1904 (24 hours). Email: London*AT*vegcom.org.uk, in plain text with no attachments.

South Devon B&B. Beautiful cliff-top/peaceful cove location. Vegan, mainly raw food. Tel: 0845 458 9257.

Maes y Gwernen 3-Star veg/vegan accommodation and restaurant, School Road, Abercrat, Swansea Valley, Wales. Tel. 01639 730218. Web: www.maes-y-gwernen.co.uk. Wholistic Centre. Totally vegetarian/vegan (organic) restaurant with variety of tasty meals. No smoking, no alcohol, natural paints, oak flooring, courses, treatments, jacuzzi, sauna, conference facilities, some family rooms and family chalet.

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.

France, Auvergne Guest House in Auvergne, France. www.lagarnasette.com

Yorkshire. Hebden Bridge is a wonderful place to walk and an interesting town to visit. Myrtle Grove B&B, is spacious, homely and comfortable, in a scenic and quiet location. Vegetarian, vegan and organic, it will also cater for other dietary requirements. 01422 846 078. www.myrtlegrove.btinternet.co.uk.

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.

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.

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.

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. Tel: 00 33 4 68 39 62 56. Email enthousiasme*AT*wanadoo.fr.

NEW Southampton lodgings 2 spacious (12' x 14') fully furnished rooms in house owned by enviro vegan couple available to rent separately. Use of kitchen, bathroom, living room, bike shed & garden (incl share of fruit/veg in season). £60 per room per week for single person. £80 per room per week for couples. Includes elec, gas, water, broadband. No smokers + no pets. Veggies welcome, but must eat/drink/cook vegan in house. Ziggy/John 023 8023 1770. Details/pics: www.solentveg.org.uk/notices.html.

BOOKS

Spicy Vegan: by Sudha Raina contains about 133 delicious spicy, easy to cook recipes based mainly on North Indian cooking. Available through your local bookstore, amazon.co.uk and amazon.com and from the publishers. ISBN 1-84401-249-2. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG. Tel: +44 (0)20 87440990. Fax: +44 (0)20 87443100. E: info*AT*athenapress.com. Distributed in UK by Gardners and in USA by Ingram and Barnes and Noble. www.spicyvegan.co.uk.

October Books is a not-for-profit cooperative bookshop in Southampton selling radical and general books. We also sell a range of vegan books and vegan wallcharts by mail order, which allows people to avoid using big companies like Amazon. Unlike most other mail order companies, we send orders out in used packaging materials to minimise the environmental impact. Download our vegan mail order catalogue from www.octoberbooks.org/veg. October Books, 243 Portwood Road, Southampton SO17 2NG. Open: 9am-6pm Mon-Sat. Tel: 023 8058 1030.

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: 01453 762487. Web: www.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.

Paranormal Vignettes from the life of Helen Bevan. A 60-page spiral-bound book with photos, containing 17 chapters of short descriptive essays of her early life and some of her paranormal experiences in various fields, eg. clairvoyance, healing, past lives. £6.40 inc. p&p from Helen Bevan, 46 Court Road, Oldham Common, Bristol BS30 9SP.

CAFÉS & RESTAURANTS

The Retreat - Café in Swansea serving 99% vegan food. 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*AT*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. Licensed 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.

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.

Spirited Palace 105 Church Road, Crystal Palace, London SE19 Phone: 0208 771 5557. Caribbean and fresh fruit juices, organic and animal-free plus programme of events.

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 festivals, gatherings and parties... see www.purplepenguin.org, or call Emma on 07786 262 864 for more info.

GENERAL

Vegan Cookies - new online shop. All cookies 100% vegan and 100% yummy. Go to www.henleyscookies.com

All Green and Toxic Free supplies certified organic and 100% natural skincare, cosmetics and baby gifts. Also require Sales Consultants. Visit www.allgreenorganics.com. Some products are "vegan friendly" but may contain organic beeswax. Baby clothes are from 100% natural cotton.

Ethical Website and Graphic Design by Applegreen Designs. Wide range of professional services available at competitive rates. 10% discount to Viva!, Vegan Society and Vegetarian Society members. For more information visit www.applegreendesigns.co.uk.

Advertising services - advertisements, branding, brochures, press releases, speeches, etc. Copywriter, creative director and journalist with over 20 years experience working for international blue-chip clients offers discount to VV readers. Michael Benis Tel: 01273 562118. Email: Michael*AT*michaelbenis.com.

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, 21 Hylton Street, Hockley, Birmingham BH18 6HJ. Tel: 0121 523 1730.

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*AT*p-m-t.freeserve.co.uk.

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anticommercerist, 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.

Nature's Treats Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits, nuts, seeds and spices. Tel: 023 9261 1607. Email: chriskennett01*AT*hotmail.com.

Meat is Murder Self-Inking Rubber Stamps £8-50. 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. **Campaign tee-shirts, toys** send stamp for list or see e-bay shop A11 LOVe. Vernon, 15 Millbrook, Fence in Pendle, Lancs BB12 9PE. Email: allovandlib*AT*onetel.com.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.co.uk. Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or vegan consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

Wines For a great selection of Vegan Society approved wines go to: www.smithfieldwine.com

NEW Go Green Today is a small grass roots UK Registered Charity (SC037858) concerned with public education, citizenship and the environment. We need volunteers! The (unpaid) Charity Director/Founder is vegan. For more info, visit www.gogreentoday.org.uk

NEW Living With Others. A vegan family wants to move to a rural or semi-rural area, live in a low impact sustainable way, growing own produce. Looking for others in that position, to buy somewhere jointly and decide what to do. We don't want to live communally, just be near to like-minded people and share some resources. We have money to invest. Email: joben-wood*AT*virgin.net

NEW House for Sale Bevin Crescent, Outwood, West Yorkshire. Good sized 3-bed semi. Large, secluded, organic garden includes 7 raised veg. beds, large wildlife pond, 2 sheds. Short walk to trains/buses to Leeds (9 m.) and Wakefield (2 m). Close to A61, M1, M62. £145,000. Full details: www.beaumont-residential.co.uk (search under North Wakefield) or call 01924 872626

HEALTH

Homeopathy for Holistic Healing Vegan practitioner in North East England Area offering 10% discount to fellow vegans. www.janetgreen.co.uk. Tel: 0191 213 5285. Your journey to health and wellbeing starts here!

Vegan Skincare. Daily Cleansing, Exfoliation and Acne & Pore Control, visit www.skinvac.com. See it work before you buy. Kind to humans and animals!. Discount code: vegan. Available from ebay.co.uk & www.skinvac.com. Listed on Peta.org.

EnergiseYourLife.com was founded in order to promote optimum health through the sale of high quality juicers, blenders, dehydrators, soya milk makers, water filters and other health related products. Great selection. Top Brands. Low prices. Vegan owner. Tel. 020 7243 2372. www.EnergiseYourLife.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: 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. Web www.foodalive.org.

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*AT*hotmail.com.

Vegan Health and Nutrition Consultant available for personal consultations and fasting/juice diet & detox plan supervision. Also offers iridology, emotional healing sessions, health books and a course in natural health and nutrition. Plenty of free health articles on my website to download. Email: DrGinaShaw*AT*aol.com. www.vibrancyUK.com or phone: 01626 952765.

Acupuncture & Chinese Herbal Medicine. Also diet and lifestyle advice based on Chinese Medicine principles. Qualified and insured vegan practitioner. Member of the British Acupuncture Council and the Register of Chinese Herbal medicine. Appointments in Dewsbury, West Yorks. Mark Poplewell IIMRCHM MBACC Tel. 01924 462261

Tai Chi. Slow down and get fit. Wouldn't you like to improve your energy, posture, balance and general health? Thursday 5.30 to 6.45pm at St. Michael's Church Hall, Westgate End, Wakefield. Lots more local classes. Qualified insured instructor, 25 years experience. Mark Poplewell Tel 01924 462261. www.ewta.co.uk

Stardust Therapies (Southampton) Practising at The Art House, 81a Bedford Place, Southampton, SO15 2DF. Reasonable rates + concessions + 10% discount to Vegetarian Society/Vegan Society/Animal Aid/Viva!/Vegan Organic Network members. Ziggy Woodward MICHT. 023 8023 1770 or 07790 461937. www.stardust-therapies.co.uk.

Bowen Technique is a gentle non-evasive, remedial therapy which can be performed over clothes. It can help people with a variety of problems from back-pain to migraine, from stress to IBS. For more information and appointments see website www.BowenTechniqueWolverhampton.co.uk or call 01902 745094 and ask for Catherine Clements.

Raw Gaia skin care products 100% organic vegan plus some essential oils. www.rawvegan.com

PERSONAL

Tree hugging veggie lady early 40s would like pen pals. Interests include animal welfare, walking, reading, yoga, alternative therapies & healing. All letters answered.

Online Matchmaking for People who care about humans, animals and the environment. Detailed search on hundreds of criteria. Meet other vegans and vegetarians in your local area! www.ethicalsingles.com

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

VeggieRomance.com is a lively, friendly, community offering free registration and searches, a free (very active) forum, free replies to contacts from other members and free blogs (online journals) for all members. Go to www.veggieromance.com create a profile then Email info*AT*veggieromance.com with the promotional code VEGANVIEWS in the subject line.

Vegan Male looking for vegan female willing to travel and go on protests. I am a young 60 year old activist. Bob Lewis, 17 Pheasant Road, Trebanos, Pontadawe, Swansea SA8 4DN.

Male vegan, 52. Interested in nature, environmental issues, nutrition, books and outdoor activities (walking, cycling, running, camping, gardening etc) seeks female for a friendship and relationship, with a view to starting a family together. Location not important. Box. 113/1.

NEW Young feisty creative sensual 40s female in North East England seeks comparable vegan male with plenty of interests to share life's journey with passionate compassion. Email: northernvegansgroup*AT*yahoo.co.uk with 'vegan views personal ad' in the subject header. Thank You.

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 87 Derwent Street, Chopwell, Newcastle upon Tyne NE17 7HZ. Tel: 01207 565957. Web www.freerangers.co.uk

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

Sustainable shoe line from premier outdoor and travel brand Keen Hybrid Footwear. The Ventura (£49-99) is 100% vegan (no leather, no glues) - a take on the modern sneaker with canvas upper, fully breathable footbed from jute & natural latex, natural rubber outsole. For stockist information and details of range call 0800 612 9292. www.keenfootwear.co.uk. Adheres to Human Rights Production Standards.

Go West Young Bee

The biggest export of California is almonds. 600,000 acres of almond trees need a lot of bees to pollinate them and lorries full of bees in hives transport them from other parts of the States West to California. Almonds flower early and their abundant white blossom looks like snow in early spring. These are followed by the blossoms of the many other fruit trees for which the state is well known. It is a very paradise for bees.

Simplify...and Survive

In order to avoid Global Catastrophe, we need to turn away from the way we live now. The changes need not be painful They could reduce the stress in our lives and leave us healthier and happier - by Harry Mather

It is becoming increasingly obvious, even to those people who are enjoying a high style of living, that the lifestyle presently enjoyed in the developed nations can no longer be sustained and if developing nations with huge populations, like China and India, try to achieve a similar way of life, which they do, the earth's resources would soon be depleted and the environment essential for human survival would be destroyed. The increasing complexity of present lifestyles cannot be sustained, the only way forward is to live more simply.

We can be happy with a simpler life. This does not mean enduring the hardships that most of the world's poor have to suffer at present. What we need is to develop an awareness of what our basic needs are and each individual will adapt to the lifestyle he or she can feel comfortable and content with.

Primitive peoples lived in small social groups more or less self-sufficient and took care of their own basic needs. The basic needs for humans are pure air, clean water, sound nutrition and adequate shelter. How many of these basic needs do we all enjoy today? Our air and water may be polluted. Many people in the rich world eat the wrong foods and many live in overcrowded accommodation. We do not have the right priorities.

At present we are manipulated by commercial interests, who want us to be dissatisfied with the life we are living and by constant advertising, they want us to feel that happiness lies in buying something that we are supposed to be missing. Have you ever wondered why the state economy should need to increase by 2 or 3% each year. If we had the same lifestyle this year as last year, would it really be a hardship? True, many people do need to see an improvement in their lives, which are at a poverty level but none of the increases in the economy trickle down to them anyway. However, it is profitable for commercial interests to keep us dissatisfied with our present state and they want us to feel a need to buy something different in order to be happy. In this way they can keep increasing their sales and make more profits, which is the purpose of their enterprises. On this treadmill, we can never be happy and we must keep on working harder and harder in order to keep up, and this creates more stress in our lives. Happiness must always be somewhere else, whereas by being more satisfied with a simpler life we could be happy here and now.

When it comes to shopping for food, the suppliers realise that supplying basic foods such as bread, vegetables and fruit will never increase their profits. But they can charge much higher prices if they can make it look much more valuable. Instead of buying a lettuce, you are enticed into buying ready plucked and washed leaves wrapped in plastic

to make it look hygienic, although nobody knows how clean were the hands of those who packed them. Pick up a packet of potato crisps and it weighs next to nothing. That is because there is very little potato in it but that small amount of potato yields a good profit. Celebrity chefs persuade us that we should be buying all sorts of extra ingredients in order to have tasty meals. A recipe using mushrooms will use three or even five different types of mushroom. We are made to seek out unusual herbs, out of season vegetables or some from far away places. Nobody seems to value home grown old fashioned ingredients like sage and onion, mint sauce or parsley sauce. That would be too simple and you would not need to buy their expensive book.

Veganism is becoming ever more relevant to the way forward for our planet. The UN Food and Agricultural Organisation has published a thoroughly researched report called *Livestock's Long Shadow* that clearly proves the enormous harmful effect that the farming of cattle has on our environment, particularly in relation to the Global Warming which threatens our survival as a species. They go so far as to say that the impact of farmed animals worldwide on Global Warming is greater than that of all forms of transport put together. So if the world went vegan and stopped breeding animals for eating or milking this would be of greater benefit than all our efforts to produce cleaner fuels and reduce transport use. Yet we seem to be

The world holds enough for everyone's need, but not enough for everyone's greed

GANDHI

heading in the opposite direction and people who lived healthily on a rice-based diet, prefer to feed grains to cattle in a system that is wasteful. Food prices have already begun to rise as a result of this competition for resources.

Veganism is a simple solution that is quite painless and is not the sacrifice some would think it is. Even very simple dishes can be very tasty, but it still seems a difficult step for most people to take because they are brainwashed by convention and vested interests that see no profit in it for them. Simple solutions don't make money, yet we must break out of the vicious circle and wrong attitudes that threaten the survival of the human race. We will have to face these problems at some time. Why not now? What sort of inheritance are we giving to our children?

Even if many people are aware of the cruelty of factory farming, few will be aware of the impact that animal farming has on the global scale, that the animals we rear are dependent on grains imported from poorer countries. There is not enough agricultural land in this country (not even in Europe as a whole) to produce enough feed for the number of farm animals we maintain. Foodstuff is therefore imported from countries where the poor go

hungry. We sing 'Feed the World', then go and eat a burger that took food from those we are hoping to feed. With a little more thought and living more simply, we could allow the poorer people to feed themselves.

The need for greater quantities of cattle feed, results in the destruction of huge areas of tropical rainforests that we rely on to counter our huge emissions of Carbon Dioxide. It is not the vegans who use soya products that cause the increase in demand for soybeans. Most of the increased production goes to feed farmed animals, with the result that many more beans and much more land are needed to provide the nutritional value of eating the beans direct. Living simply simplifies life. Living more simply should lead us into consuming more locally grown produce that is in season. Do we really need to have strawberries from Peru or wherever for Christmas? Living more simply would greatly reduce the extent of food miles as a result of what we eat. Again we are being made to be unsatisfied with our present life style, although past generations managed to have a great feast at Christmas with local seasonal produce or simple preserves.

Thinking people and governments now realise that something must be done. They plan to reduce emissions of CO2 which contribute to Global Warming by substituting renewable energy. Biofuels are being substituted for petroleum fuels but the production of biofuels may also emit some CO2 and their benefits will not be as great as was at first believed. Reducing our energy use however is a sure way of reducing our 'carbon impact'. If each of us would reduce our domestic fuel consumption the result would be positive and would also benefit our pockets by reducing our fuel bills. We need homes that will conserve heat more efficiently and again this will reduce our expenses. Energy saving can also be done on a community scale with, combined heat and power that recycles the heat generated by factories into heating homes. Energy can also be generated by using waste materials from farms and households to produce methane which will supply energy.

Vegans can confirm that, although giving up meat and dairy may at first appear a great sacrifice, before long they feel their happiness and health much improved. In spite of the information appearing in the media, about the way animals are treated in today's intensive farming, most meat eaters probably delude themselves into thinking that, generally, cows graze contentedly in the fields and chickens peck away at the grains they find in the farmyard, laying their eggs in straw when they get broody. After all this is what they saw in the picture books in their days in the nursery where lasting impressions are formed. The brutal reality is hard to accept, especially if it means we feel we should do something about it and we have to confront our friends and relatives with a change in lifestyle. Yet doing nothing about it is not an option. Continuing the way we are going threatens the survival of the whole human race.