

Vegan Views

A Forum for Vegan Opinion

No. 110

Winter 2007

£1



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notices



Animal groups

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

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, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA.

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8481 7239. Email: Lesley*AT*veg4life.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, Longcause Cottage, Longcause, Dartington, Totnes TQ9 6EY.

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, 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 free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: springoftruelife*AT*aol.com.

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

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.geocities.com/vegetariancac. **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.makeessense.co.uk.

Vegan communities

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

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

Vegan shops

Vegonia Wholefoods, 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 four issues for £5 including postage. Airmail outside Europe: four issues for £7 including postage.

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.)

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Vegan Views

Editor

Harry Mather

Web site

John Curtis

Front cover picture

by Ruth Lewis: "Turtles all the way down"
- an infinite regression belief about the nature of the universe

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(replace *AT* with @)

Please note change of email address

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

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

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

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

We love to hear from you - letters, articles, recipes or drawings.

From the editor...

If You Eat Meat - Someone Must Starve

I have been accumulating magazines for so many years that the time has come for me to sort them out and I came across this startling heading in *The Vegetarian* magazine of December 1971. It pointed out that oilseeds were imported from countries where children were dying through lack of protein and fed to our intensively farmed animals. I find myself arguing the same case today but it was startling to see it spelled out so forcefully. Yet it is the simple truth.

Celebrities occasionally come up with slogans like *Feed the World* or *Fight World Poverty* and we face a population explosion that suggests a need for a great increase in food production. Yet it is never contested that there is no shortage of nutritious food for the world's population, but the distribution of food is hugely out of proportion.

Most of our readers will be familiar with the idea that raising animals for food uses several times the amount of feed than if the same amount of land were growing plant foods for feeding directly for humans. We cannot feed ourselves with meat unless we import protein foods from nations that face starvation among a great proportion of the population. Vandana Shiva says that Europe uses at least seven times its size to feed its population on its present diet.

Not only is world population still increasing but largely populated countries such as China, India and Brazil are aspiring to the lifestyle of the West and look on flesh foods as an essential part of that lifestyle. This will dramatically increase the need for fertile land and also lead to a destruction of forested areas.

The vegan diet, completely free from animals, is even more relevant to preventing world poverty, but we must also take care that we minimise as far as possible imports of

vegetables that are produced by foreigners who have forced the local people off their land by buying land at a high price to produce vegetables, bananas or may be flowers, leaving no land or less productive land for the locals. Looking out for Fair Trade labels will alleviate this problem.

In our last issue, we saw how buying a goat or a cow for Africa was not the way to fight poverty there. They compete for land with the humans. On the other hand, planting trees there increases the area and fertility of land. Veganism promotes the growing of fruit and nut trees which fight against the desert. Animal farming contributes to the encroachment of deserts.

There are other simple ways of providing nutrition in poor areas. One of these is the *Leaf Protein Project* developed by N.M. Pirie, a respected horticulturist in mid-20th century. There is an abundance of green leaves in most areas, but they cannot be digested by humans because it is bound in the cellulose. Pirie devised a simple way of making this protein available for humans. It only needs simple equipment: a centrifuge like your juice extractor, takes out the bulky material leaving a paste that is left to ferment. The product, which can be baked into a cake or added to local dishes if preferred, contains not only vital protein but iron and other minerals, but also the vitamin A often lacking in poor peoples, deficiency of which is a common cause of blindness.

Preparing food for the family is usually the responsibility of the women and they have found it a boon that brings health to their children and may also bring in a little cash. However, large corporations do not see any profitability in it for them. Low technology often will solve vital problems, but it is complex systems that bring in the profits.

By Harry Mather

Events

Sun 25 Feb - Seed Swap, Southampton
10am-4pm. St Denys Community Centre, Priory Rd, St Denys. SO17 2JZ. www.octoberbooks.org/seedswap. 50p entrance fee. Includes stalls by Vegan Organic Network and October Books. Reasonably-priced vegan refreshments available (vegan cakes, snacks, drinks). Details: Ziggy 023 8064 3813. As the venue is larger this year, there is also space for talks, workshops etc.

Sat 31 Mar - Southampton Free Vegfest-
10am-2pm Edmund Kell Hall, Bellevue Rd (off London Rd), Southampton. Entry by donation. Lots of free food, all vegan, and some stalls.

March - Vegetarian Month Animal Aid is promoting March as Vegetarian Month - see www.animalaid.org.uk.

Sat 21 April - Incredible Veggie Roadshow, Reading
10.30am to 4.30pm, Renaissance Reading Hotel, Oxford Road, Reading (Renaissance and Thames Valley Suites). Organised by Viva! Entry is £1 (under 10s free). Everything you ever wanted to know about going, being or staying veggie/vegan. Food tastings, cookery demonstrations, talks, free diet and health advice, stalls, competitions, vegan fashion, beauty products, books, vegan food products, information and campaign news. See www.viva.org.uk/events.html.

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

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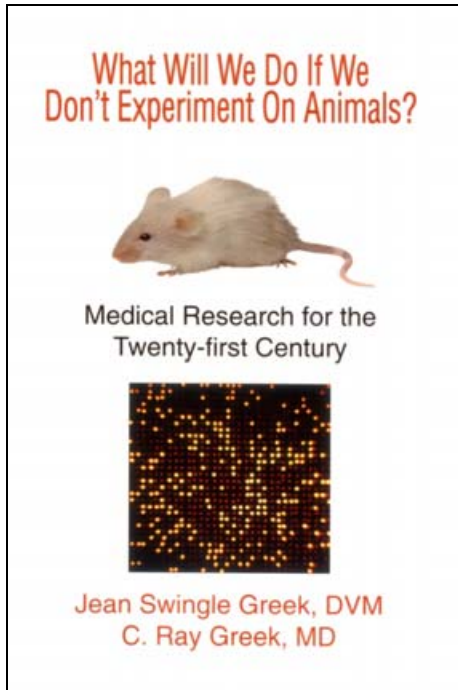
21 to 27 May - National Vegetarian Week
see www.vegsoc.org/nvw for details.

BOOKS



What Will We Do If We Don't Experiment On Animals?

Medical Research for the 21st century
by Jean Swingle Greek, DVM and C Ray Greek published by Trafford, Canada. 2004.
ISBN: 1412020581. \$24.99



This book considers why we still use animals for testing drugs and searching for cures, asks whether animal testing promotes medical advancement and whether there are better methods. The authors explain what we should do to find cures for diseases like AIDS, cancer, heart disease and Alzheimer's. They believe there is a great need to learn more about the human brain and diseases of the brain but that studying the brains of monkeys is not the way forward and they say there are many good options for learning about the human brain also many more options on the horizon. Researchers continue experiments on animals because of outmoded traditions and vested interests. Today there are many more ways forward that are much more reliable.

When Susan was diagnosed that she had pneumonia, her doctor rightly prescribed an antibiotic that had been effective with her twin sister. Susan died the same day. This shows dramatically how even humans can interact differently to the same drug even when the genetic difference may be extremely small. So how can we place reliance on tests made on entirely different species. Any test on animals giving successful results on humans can only be co-incidental.

Animal models, they say, are no longer necessary in biomedical research; they slow down approval and divert resources from more valid avenues of inquiry; indeed in extreme cases our dependence on the animal model has resulted in human death and suffering; they should be replaced with the myriad modern-

day and traditional research modalities that do lead to success

Jean Swingle Greek is a veterinarian and observes the converse that what is effective with humans may not translate as beneficial to animals. Tom Rosol DVM of Ohio State University who has spent 20 years studying cancer in animals found that "every time we put human prostate cancer cells in animals, they stop acting like they do in humans."

Small differences between humans can result in great differences in responses to diseases. For instance, black women have a higher incidence of breast cancer before age 35 than white women and do not respond as well to certain medications routinely used in cases of heart failure. Sex or race differences can be vital in deciding on the correct treatment. Modern discoveries in genomics will lead to personalised medicine to overcome these problems.

The authors assert that "Unlike animal studies, the great advances in science that have given us the high standard of medical care that we enjoy today are the result of human-based research, most notably clinical observation, epidemiology, post mortem examinations, human tissue research, genetics, *in vitro* research, pathology and advances in technology. Technology based research has given us computer and mathematical modelling and CT and MRI scanners. The specialisation of physicians, nurses and hospitals, along with reforms in public sanitation, has increased the length and quality of life. In the not-too-distant future, drug prescriptions will be customised to a patient's individual genetic profile, thus eliminating adverse drug reactions such as the adverse drug reaction that killed Susan, who had most of the same genes as her twin sister, but one of the genes both had was not expressed in Lisa, but was expressed in Susan. A DNA profile from a blood sample would have identified the danger."

Animal experiments have diverted funds from reliable approaches to medical research that have time and again, proven their tremendous value in easing human suffering and prolonging life. Penicillin, cyclosporine, heart valve replacement, the statins, anti-depressant medications, and many important medicines and tools were delayed because of misleading test results in animals. People died because of these delays. Vaccines and drugs such as fentanyl and Rezulin, which tested safe in animals killed humans, while cigarette smoking, environmental poisons such as asbestos and glass fibres, and high cholesterol were advertised to be safe in humans based on tests in animals.

"We ask those who claim that animal models are safe to 'show us the data' that supports their case. They have not been able to do so."

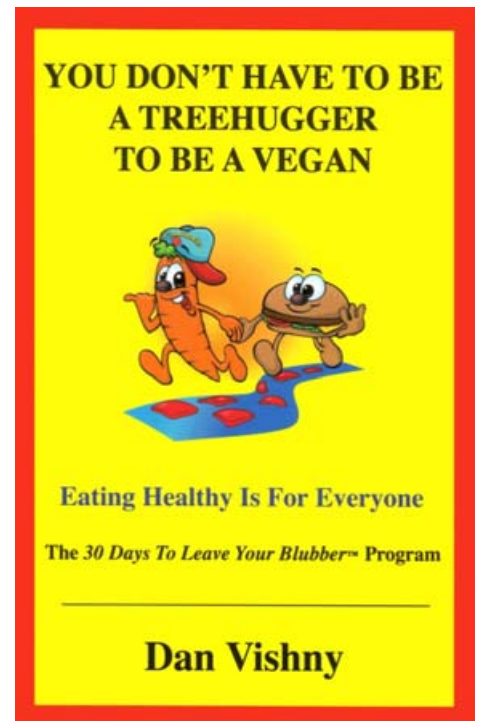
Why, then, does animal experimentation continue? Because vested interests of individuals and groups have to consider their advancement, prestige and the availability of funds. The number of papers published in

scientific papers brings prestige to researchers and animal testing is the simplest way to acceptance. Animal experimentation is big business. Tens of millions of animals are used in the United States alone every year and is backed by a huge industry supplying cages, feed, instruments and breeding. The drug industry is hugely profitable and influential in lobbying governments.

Experiments involving humans are subject to many more restrictions than those on animals, making it easier for animals to be used in research.

You Don't Have to be a Treehugger to be Vegan Eating Healthy Is For Everyone.

by Dan Vishny. ISBN 09772493 0 1. US\$ 14-95.



This book takes an entertaining, amusing look at what most people eat, challenging conventional eating habits and pointing gently to healthier ways.

As the title implies, the case for healthy eating and veganism can be made without the need to take a high moral stance or being frightened into making the change.

Nevertheless, we are fed with many persuasive facts and figures, which must coax many into at least considering making a change to at least part of their diet.

Here is a sample: "Before we discovered fire (approximately 200,000 years ago), I think you would have had a hard time telling humans and chimps apart. In my opinion, the human diet would have consisted of mainly fruits and vegetables and maybe an occasional trip to Ye Olde Termite Shoppe. Some chimps do hunt and eat raw meat, but scientists state that many of these chimps do not live as long as a result of meat eating - same as humans.

Ask yourself, could you eat raw meat? I'm not talking steak Tartar at The Ritz. If someone places a platter of raw bush pig, a bowl of termites, and a bowl of strawberries in front of you, what are you reaching for? I'm having strawberry soufflé."

website about this book:

www.veganquest.com

Dan Vishny has also created a cartoon strip called "VEGHEADS"

Chew on This

by Eric Schlosser and Charles Wilson
published by Penguin Books 2006. ISBN 0 141 31844 9. £6-99



Eric Schlosser wrote FAST FOOD NATION a few years ago exposing the operation of the fast food industry. and a film may soon be made out of his book.

This book is not a plea for veganism, but is a renewed exposé of the way fast foods can damage your health.

He shows the development of fast foods in the USA almost a century ago, its aggressive marketing, unfair practices and adverse results, now extending worldwide.

Most of the above are available from...

October Books, 243 Portswood Road, Southampton, SO17 2NG. 023 8058 1030. www.octoberbooks.org/veg.

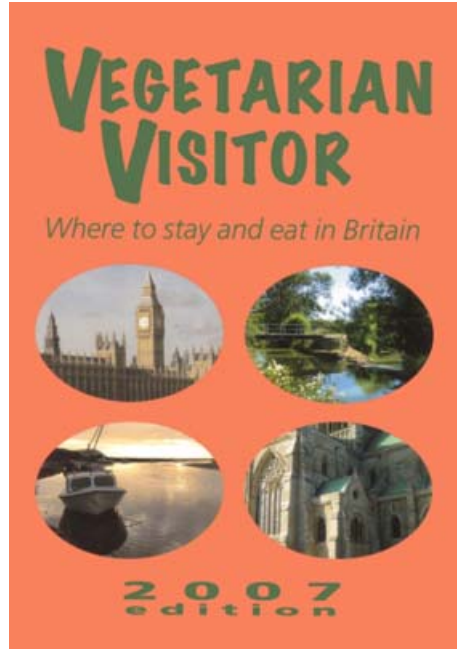
The Vegan Society, 7 Battle Road, St Leonard's on Sea, East Sussex TN37 7AA. 01424 448823. www.vegansociety.com.

VVF, 8 York Court, Wilder Street, Bristol, BS2 8QH. 0117 944 1000. www.vegetarian.org.uk.

The Vegan Organic Network have just established their own Merchandise catalogue, including books - see www.veganorganic.net/images/vonmerch.pdf

Vegetarian Visitor 2007: Where to stay and eat in Britain

edited by Annemarie Weitzel. ISBN 978 0 9549727 8 3 £2-50. Published by Jon Carpenter, Alder House, Market Street, Charlbury, Oxfordshire OX7 3PH. Tel/Fax 01608 811969 Email vv*AT*joncarpenter.co.uk



Completely checked and updated edition of this annual guide to private homes, guest houses and hotels in England, Scotland and Wales which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

Descriptive information and codes, including those that cater for vegans.

Plus over 200 cafés, restaurants and pubs that know how to cater well for vegetarians and/or vegans.

Available from bookshops or post free (in UK) from:

Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ.

Vegan + Sports

Vegan Nutrition and Endurance Sports by Arnold Wiegand. ISBN 3 00 017853 8. UK price £8-90.

In 2003, at the age of forty, Arnold completely changed his diet - from vegetarian to vegan and since that time has been practising intensive endurance sports - swimming as far as 26km, running 162km, Ironman Triathlon. He has summarised his experiences and the background of vegan nutrition and endurance sports in this book. He offers seminars on vegan nutrition and endurance sports (running):

Arnold Wiegand, Mainblick 5, Kelkheim D 65779. mail*AT*vegan-sport.de. www.vegan-sport.de.

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.

Update: "Growing Green"

October Books tell us that this book the best seller in their vegan catalogue, with many of its sales to people living overseas. It is hoped that it will be translated into other languages, but this project is in its infancy.



Jenny Hall and Iain Tolhurst - the authors of "Growing Green" (pic by Graham Cole at a Tolhurst Organic Produce farm talk, Sept 06)

The Neglected Victims of Ancient Grazing Rights

By Philip Davis

Earlier this year, if a walker in the New Forest had not noticed a mare badly injured she might have taken two weeks to die.

This is no isolated incident, every week and every season there are horrific deaths from road accidents and nature's poisons such as acorns and ragwort, because commoners in national parks such as the New Forest, Dartmoor and Exmoor are allowed to put out cattle, ponies and other animals to fend for themselves.

In the New Forest alone, over the last 50 years there have probably been some 8,000 such appalling deaths. In the New Forest, this practice is shockingly subsidised by taxpayers' money.

Whatever English Nature and The Countryside Agency claim, the practice is totally unnecessary. It is ridiculous that animals of today should suffer under medieval laws of the 17th and 19th centuries.

If you care enough to help the animals, please e-mail or write to Ben Bradshaw at DEFRA, Nobel House, 17 Smith Square London SW1P 3JR.

Request an end to outdated rights and for animals to be kept in safe enclosures with full time resident wardens and ownership being made the responsibility of an animal welfare trust.

We need to end the outdated rights of commoners in the New Forest and divert public money from the Countryside Stewardship Scheme to a radical Humane alternative There is abundant evidence against the present system.

The more complaints that DEFRA receive the more they might see reason, also letters to MPs might help.

Incredibly, ILPH and RSPCA are virtually supporting the system and IFAW gave a flat refusal. The local Green Parties were willing to campaign, but with such limited power it was thought best to e-mail the problem to Animal Aid, CIWF and PETA, who can produce some powerful campaigns, and I also persuaded some private individuals to do so. There is so much animal abuse around, it is difficult to get some priority for Commoners' animals.

Answers from DEFRA have always been pathetic excuses and their answer to the lingering deaths is that it is REGRETTABLE!!! Articles in the Sunday Express prove that such horrors are similar in Exmoor and Dartmoor areas.

The system is basically irresponsible. It cannot be effectively regulated. The answer is positive legislation to end outdated rights and transfer ownership to an animal welfare trust, and keeping the animals in safe enclosures with full time resident wardens. In the current political

climate, enough complaints from the voters DEFRA might be sensitive enough to accept the TRUTH.

I finally got Animal Aid to take action, but unfortunately they fell into the trap of calling for an improvement rather than an end to this iniquitous system.

If DEFRA plead poverty, they could divert taxpayers' money from the Countryside Stewardship Scheme (CSS).

English Nature and the Countryside Agency claim there are numerous natural, attractive areas that do NOT have to be grazed by animals.

Rise in Animal Road Accidents

Animal accidents are on the increase in the New Forest, according to the New Forest Post.

"Last week there were nine road collisions involving ponies, cattle and pigs belonging to Commoners with Forest grazing rights.

Verderers' clerk Sue Westwood said that between January and the end of September (2006) there were 125 collisions between vehicles and Commoners' animals, up 23 on the same period last year.

Of those, 66 animals died compared with 52 between January and September 2005, and those injured rose by six."

Forest Acorn Crop Threat to Animals

The *New Forest Post* reported that a heavy crop in the New Forest could spell death for large numbers of Forest ponies and cattle.

Worried owners are fearing a high death toll, their animals poisoned by glutting themselves on the green acorns of the Forest oaks.

Dozens of ponies and cattle die each Autumn but owners in some parts of the Forest, where acorn crops are extraordinarily heavy, are predicting a higher than usual death rate.

The Commoners are powerless to stop their animals from killing themselves. There is no antidote to acorn poisoning, but to prevent deaths, pigs, which thrive on acorns, will be turned loose to eat up part of the deadly fallen crops.



Thanks to Richard & Sandra Barnett of The Barn Vegetarian Guesthouse (www.vegiebarn.net) for the New Forest pony photo.

Appeal - Legal Liberation of 13,500 chickens

In 2005 Brighton Animal Action (BAA) legally liberated 4000 chickens in 2 days from a free range farm. They were given permission by the farmer as the chickens had reached the end of their 72 week egg laying productivity. In April 2007 the 72 weeks will be up again and Brighton Animal Action have the opportunity to do this again and this time are aiming to save all 13,500. We have 6 days to do this in. At the end of day 6 the slaughter vans will be waiting and will take any chickens we can't save. With your help the slaughter vans will leave empty. How you can help:

- We need people to get in touch and pledge a home for some of the hens, whether it is 5 or 500 it will make a difference.
- We need animal sanctuaries or people with large barns in the midlands and in the north where we can take several hundred birds for a few days to recuperate before they travel further to their new lives.
- We desperately need crates, cardboard boxes or pet carriers.
- Drivers and large vehicles to take chickens from the meeting point to their new homes.
- We will need a vet to be on site as even though these chickens are free range they will be in a shed for over a week and some will sustain injuries.
- If anyone is able to help build hen houses for sanctuaries or people with land please contact Brighton Animal Action for more information

• This liberation is going to cost money and if anyone can give a donation it would be gratefully accepted. Please make cheques payable to Brighton Animal Action and send it to BAA c/o Brighton Animal Rights Campaign PO BOX 307, Brighton BN2 1HW

Thank you for your support.

077791 28239 www.brightonanimalaction.org
info*AT*brightonanimalaction.org

B.A.A. does not encourage illegal acts, nor condone abusive communications or behaviour.

Congratulations!

Long time vegan Mabel Cluer has celebrated her 95th birthday with her vegan children, Dilys and Edwin and vegan grandchildren.

She produced a booklet for the Vegan Society called *Saladings* and in the 1960s and 70s she gave strong support to the vegan movement and gave cookery demonstrations around the country.



Hospital Food

Dear Harry Mather,

I have been a subscriber to *Vegan Views* for some years now, and you may remember that I have written a letter to you in the past, which you published in the magazine.

I have been vegetarian for about thirty-three years and vegan for the last fifteen years. However, over the last two or so years I have lapsed to being vegetarian and eaten products like cakes and biscuits which have dairy ingredients (although my body would never tolerate milk, cheese or eggs by themselves). Recently I have taken to occasionally eating fish, but only plaice, as there are three fish restaurants in this area which at a small extra cost fry the fish in breadcrumbs.

The reasons behind this change are really down to personal circumstances and certainly not an abandonment of the principles behind veganism. I may have mentioned in my previous letter that I have been cerebral palsy from since birth, which means I have had to rely on others to some extent for some of my bodily needs. This is certainly true where eating is concerned. I am now reliant on two or three different carers and although one is a vegetarian, I cannot expect them to prepare and cook complicated dishes. Fortunately, a friend who is a chef is currently providing me with ready made frozen vegan meals. So, whilst still very much supporting the ethos of a vegan diet, I cannot now claim to be a true vegan (if I ever was one!).

However, I still wish to subscribe to *Vegan Views* and enclose a donation towards the costs of publication

One subject that may be of interest to your readers is hospital meals. I had the unfortunate experience of a short hospital stay back in the summer. Although there was a vegetarian option on the menu (involving cheese!) there was nothing else I could eat. My wife - who fortunately was with me at the time - had to wheel me down to the staff canteen in order to get something hot. Even there, all they had was chips. Then they were of the frozen kind AND I had to pay for them! Of course I protested in no uncertain manner and the nurses did offer apologies but there was nothing they could do about the situation. It would be interesting to hear how other vegans fared at the hands of the NHS.

With good wishes,

Yours sincerely,

David G. Edwards.

Best in the World

Should you find yourself in Helsinki, Finland, the Silvopleet Vegan Restaurant is probably the finest food anywhere!!

Silvopleet,

Toine Linja 3. 00530 Helsinki, Finland.

www.silvoplee.com

Victor Kosby.

Letters

Vegan Restaurant in Texas

Chris Phillips, who is well known to those who attend the annual Vegan Camp, has just retired and is taking advantage of this spare time to make a round the world trip, visiting people he has met on the internet and in other ways.

He reports on finding in Fort Worth, Texas USA:

"The most WONDERFUL ALL VEGAN restaurant called SPIRAL DINER - if you are in Fort Worth you MUST try it!"

Long-lived Vegan Dog

Dear Harry,

In 2002 the oldest vegan dog on record was "Bramble" a Collie who was then into her 28th year. I am not sure whether she is still alive. At that time the Guinness World Book of Records were considering whether that made her the oldest living dog in the world, who has been brought up vegan. How about that?

Love and Best Wishes,

Bob Cramp

Merchandise and Petition

Vegan Organic Network has a small but select catalogue of merchandise on its website www.veganorganic.net click on 'merchandise' on the right of the home page or go on direct www.veganorganic.net/images/vonmerch.pdf. Featured are fair trade/organic T shirts, and jute bags plus handmade cards (for any occasion) also books and the well-known Liz Cook wall charts.

Also on the VON website is the petition to promote food grown without cruelty and the labelling of food so that consumers can know if it is grown with or without animal by-products. www.ipetitions.com/petition/veganorganic/index.html

By signing the petition and passing this info on to anyone you know you will be helping the charity Vegan Organic Network in its goal of creating a clean, green, cruelty-free world.

Many Thanks

Peter White

News From Argentina

Argentina has no doubt the world record for beef consumption, and its economy relies heavily on the production of beef. Not an easy place to promote veganism. And yet, Damasia Halbach has been resolutely promoting veganism and healthy eating there for many years. She has been a long-time reader of Vegan Views to which she has contributed in the past. We lost touch with her until recently when we learnt that she is still continuing to provide her healthgiving information. Here is part of a letter she sent us in 2002:

I cannot pay to print my little mag any more, but I am giving lessons in Veganism by post. I

have at present two MDs following my course. A third one, a very distinguished Polish lady - looked like a Polish princess - wrote that she had to stop taking the course because in the hospital where she was working they were not paying the doctors' salaries. She lives in the city of Rosario, the capital of the province of Santa Fe. I made her a present of one month and a half more, because she was really very interested and had asked for information on specific diseases, and always asked for information about things they had not taught her in Medical School. We are still sorry that we lost her.

With this course we have improved the health of many people, not only those taking the course, but even their patients, family, and friends. All this is very stimulating and keeps us active and happy. Many people who had expected to have a by-pass operation have not been having them, because the hospitals have no materials to work with. In some hospitals the doctors didn't have soap to wash their hands!

We Love Animals

We love animals in England.

Mice, rabbits squeal in pain.

We care for our animals in England.

They're being infected again.

We're mad about animals in England

Monkeys, cats, dogs are so bored.

We all love animals in England.

Lab animals pray to the Lord.

We all love animals in England.

We cherish our animals in England,

Our kids to McDonalds we send.

Caged hens' injured legs never mend.

We dote on our animals in England

Too bad if the cow mourns her calf.

We all love animals in England.

Live chicks being minced, what a laugh.

Kath Hepburn.

When we published the above poem - in our previous issue, we regrettably missed out one line. So here is the full poem.

When God Made

When God had made the Earth and sky

The flowers and the trees,

He then made all the animals

And all the birds and bees.

And when his work was finished,

Not one was quite the same.

He said, "I'll walk this earth of mine,

And give each one a name."

And so he travelled land and sea,

And everywhere he went,

A little creature followed him

Until his strength was spent.

And when all were named upon the Earth,

And in the sky and sea,

The little creature said, "Dear Lord,

There's no name left for me!"

The Father smiled and softly said:

"I've left you to the end.

I've turned my own name back to front,

And called you DOG my friend."

Sent to us by Victor Kosby who found it in an English Language Spanish Newspaper

Classical Homeopathy

By Kerry Barlow

Time and again we try to spread the message that vivisection is wrong and that allopathic medicine causes more problems than it solves, but what are the alternatives? Classical homeopathy is, in my opinion, the most beneficial of all the alternative therapies.

My interest in homeopathy started many years ago, but, as with most people's first use of homeopathic medicines, I was using them mainly in a non homeopathic manner. A homeopathic remedy only becomes truly homeopathic when it is used in the way that Hahnemann, the founder of homeopathy, taught: single remedy, minimum dose, using a remedy that covers the totality of symptoms (the simillimum). I had many failures using homeopathic remedies and it wasn't due to the system but rather to the inappropriate use of them.

It saddens me deeply when I see so much misinformation on the use of homeopathic medicines being passed round the internet via groups and websites. Time and again I will see people recommending a specific remedy for a specific ailment and this is not how homeopathy works. One example of this concerned a post by someone who said that you use Lachesis for abscesses, yes Lachesis can be used, but so can many other remedies. The simillimum for the individual case will be the one that matches the totality of symptoms both physical and mental.

So what can homeopathy be used for? Many people tend to think in terms of physical ailments, but homeopathy is useful for a much wider range of symptoms than just the physical. How many of us feel trapped in the past, going over and over past situations, be they physical or mental abuse, traumas from our childhood, work situations, fears from accidents, or just unpleasant experiences that we have lived through and find it difficult to get beyond? How many of us want to grow emotionally and spiritually but find it impossible to move forward? Homeopathy can help on all these levels as the homeopath will be treating YOU, not just a symptom. They will look at all aspects of your life and help you to cast off the past and move forward into the future in a more balanced and happy manner. You will cast off the remnants of past ailments and past unpleasant experiences that still haunt you and tie you down. Homeopathy can also help you deal with phobias such as fear of heights, insects or certain animals.

Homeopathy can be used for acute and chronic ailments, but it is important to understand the basics and to seek the help of an experienced Classical Homeopath for chronic disease. If you try to treat yourself for chronic disease you could end up doing more harm than good. I have seen so many people try homeopathy and then turn away saying it doesn't work, but they have failed to understand how homeopathy should be used and when it is appropriate to treat yourself. Firstly, you need to fully appreciate what is acute and what is chronic

disease. A truly acute disease is self limiting and ends either in cure or death. To give an example, a cold is an acute disease but if you repeatedly get colds while all those around you are fine, then you have underlying chronic disease that needs the help of a Classical Homeopath.

For those people who are interested in learning how to use homeopathy for themselves and their animals in acute situations, there are online courses available at very reasonable prices. These courses will give you the understanding of how to deal with acutes and when it is inappropriate for you to treat an ailment yourself, either due to its severity or due to the fact that that you are looking at chronic disease.

Sheri Nakken, a Classical Homeopath runs regular courses throughout the year, as well as running courses on the dangers of vaccination; details of her homeopathy course are available here:

<http://nccn.net/~wwithin/homeo.htm>

Magda Aquila is a Classical Veterinary Homeopath who runs regular courses for the treatment of animals; she can be contacted via this email:

ClassicalHomeopathyPets-owner*AT*yahoo@groups.com

or you can join her online discussion group at:

<http://health.groups.yahoo.com/group/ClassicalHomeopathyPets>

An Aspiration

By Arthur Brayshaw

I want to live that I may give
No pain to beast or bird,
That I may be entirely free
From cruel deed or word.

Renouncing meat, that I may eat
Of Nature's wondrous store;
And every day this "better way"
Delights me more and more.

No lamb shall bleed that I may feed,
No pretty bird be slain,
No cruel knife shall torture life
On my behalf again.

The men who kill, I fain would fill
With love and joy and peace;
For I have prayed their horrid trade
May very quickly cease.

That they may turn and gladly learn
To dwell in sweet accord;
Nothing be killed but all be filled
With knowledge of the Lord.

And then, no more, on fields of gore
Shall banners be unfurled.
No strife shall rage; the Golden Age
Shall dawn upon the world.

*Published by the Friends Vegetarian Society
and sent to us by Bob Cramp.*

Advice On Cancer

An appeal from the World Cancer Research Fund UK is not something I would normally give a second glance, but having done so, I found it gave advice favourable to a vegan lifestyle. Here are the first two "Diet & Health Guidelines for Cancer Prevention":

H.M.

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.

The other recommendations involve alcohol consumption, physical activity and weight, low intake of fats and salt.

They also list "**10 Key Factors Our Research Has Indicated**"

1. Eating too much fat may increase our risk of cancer of the lung, colon, rectum, breast, endometrium and prostate.
2. Eating five or more portions of vegetables and fruits every day can reduce the risk of cancer by as much as 20%.
3. Obesity may increase the risk of a number of cancers - particularly of the endometrium in women. Evidence also suggests that obesity may increase the risk of breast cancer.
4. Eating healthily, plus staying physically active and maintaining a healthy weight can reduce cancer risk by 30-40%.
5. High intake of red meat is thought to increase the risk of colon and rectal cancer and may also increase the risk of cancers of the pancreas, breast, prostate and kidney.
6. WCRF UK's recommended diet and lifestyle, together with not smoking, will reduce cancer risk.
7. Regularly eating grilled and barbecued meat and fish is thought to increase the risk of stomach and colorectal cancer.
8. Physical activity throughout life is known to protect against colon cancer.
9. Changes in diet could prevent up to: half of all cases of breast cancer; 3 out of 4 cases of stomach cancer; 3 out of 4 cases of cancers of the colon and rectum.
10. As many as 135,000 cases could be prevented each year in the UK through healthy diet and lifestyle choices.

Note particularly points 2, 5 and 7.

Epidemiology studies humans and has given recommendations that could not be obtained from experiments on animals.

"Our tottering civilization is built on the exploitation of animals, as earlier civilisations were built on the exploitation of humans slaves"

*Donald Watson, founder of the
Vegan Society*

Vegan Organic Growing - Dig or No-Dig?



By Graham Cole

Some seasoned gardeners insist that the ground must be dug every autumn to improve its condition, work in fertility and enable the frosts to break down the lumps particularly on heavy, clay soils. Digging is often taken for granted as the best way to ensure good drainage, soil structure and, even, "looking good". Apart from the physical labour, which can be beneficial, it is not always the answer and can actually do harm, with great disturbance of the teeming life as a regular routine. The soil with its millions of micro organisms, earthworms and the complex biochemical and physical processes they produce is in my experience better left alone and undisturbed as much as possible by limiting cultivation, by mulching, using groundcover plants and avoiding compaction.

Bare ground suffers damage from drying out, wind or water erosion, it reduces biological activity as, for example, many soil organisms are destroyed by sunlight, and it soon becomes a seed bed for weeds because in nature bare soil is rare and is soon colonised.

Of course when a new bit of ground is started, then digging and removing weeds is necessary in preparation for new plantings, working in compost, leafmould, green manures etc. Then the cultivation of the top few inches of soil can be kept to a minimum.

When taking over a new allotment, for example, that has been neglected, then some preparation is essential but this can be made easier by laying a physical mulch on the top for several months to kill off surface vegetation then it will be easier to work the looser more friable soil underneath. Flattened out cardboard boxes or black polythene sheet covered with straw/grass mowings can achieve this and will certainly give you a non-chemical way of clearing the ground. It is good practice to mulch and cover bare soil on established plots be it the vegetable, flower, shrub, rose or fruit gardens and borders.

From observations and some research it has been found that mulched/covered ground has

far and away higher earthworm populations than soil that is left bare and where possible all crops and other plants benefit from the water conserving, raising fertility and reducing weed competition.

I only shallow cultivate in the spring, working in compost, digging in the green manure plants such as Trefoil, Clover and Tares that have covered and protected the soil over the winter and preparing for sowing seeds which have to be sown initially into drills in bare soil but as the plants mature then covering with mulch can begin. Some gardeners just view mulch as what you put around roses but it is so much more than that as perennials such as soft fruit, tree fruit, shrubs and trees can all have a permanent soil mulch cover around them.

As Bill Mollison, the Father of Permaculture, often said "Digging creates weeds, weeds make work, work means digging - Cause and Effect."

A Frame Full of Food

A modest cold frame 6 feet by 2 feet (see photo) can be filled with fresh nutritious green leaves all through the winter as "cut-and-come-again" crops such as Rocket, Parsley, Winter Purslane and Corn Salad are easy if sown by late August and planted or direct sown by mid September.

Living and Working Examples

The late summer and early autumn of 2006 saw, for the first time, 4 living examples of Vegan-Organic growing at the commercial market garden level all having Open Days so



A cold frame

people could learn and be inspired by what can and is being achieved in providing many people with weekly fresh vegetable and fruit produce in the UK. Two sites in Lancashire including the new Sow and Grow Organics, The Welsh College Of Horticulture in North Wales and finally the long established and remarkable Tolhurst Organics near Reading, Berkshire.

Now, if you want to learn more, be inspired and be able to spread the message and demand for Vegan-Organic methods and produce, then seriously consider a visit to one of this year's Open Days. Details to follow soon from VON and in these pages of Vegan Views.

Contacts

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

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



Vegan Organic farm open day at Sow and Grow Organics, Lancashire

Greyhound Action

According to the racing industry, about 25,000 greyhounds are bred each year in the British Isles - but the true number is undoubtedly many thousands more. Only a small percentage will survive beyond the first few years of life.

The number of greyhounds killed each year in the British Isles could easily be as high as thirty thousand - and it is the British greyhound racing industry that is largely responsible for this slaughter.

Thousand of greyhound pups and young dogs are killed before they even enter racing, because they don't come up to the required standard.

Greyhounds running on British tracks sustain thousands of injuries every year, at an average age of just 2-3 years old, either through injury or because they are adjudged to be no longer good enough to race.

Very few of these dogs manage to find good homes. Hardly surprising, given a situation where many thousands of ordinary dogs are "put to sleep" every year because no homes are available to them.

Many ex-racing greyhounds are simply abandoned or killed - sometimes by extremely cruel methods, such as beating, drowning or poisoning, because some "owners" and trainers are not prepared to pay the cost of having them "put to sleep" by a vet. The shooting of "unwanted" greyhounds by trainers, etc. is not uncommon.

To prevent this massive slaughter and suffering of dogs, greyhound racing must be abolished, as has already happened in many parts of the USA, where six states have banned it since 1993

In the meantime, please avoid attending or betting on greyhound racing so that it comes to an end through lack of finance and support.

Greyhound Action, P.O. Box 127, Kidderminster DY10 3UZ. Tel. 01562 745778
Website: www.greyhoundaction.co.uk.

Say "No" to Greyhound Racing Don't go to it. Don't bet on it.

The death is announced of Peter Roberts founder of Compassion In World Farming. An ex-dairy farmer, he became appalled at the way animals were increasingly being treated with complete lack of disregard for their welfare in the 1960s. In 1967 he founded CIWF and spoke against such abuses as veal crates and live exports of calves. Veal crates were banned in UK in 1990 and will be banned in the EU from this year. In 1997 the EU was persuaded to recognise animals as 'sentient beings'. It was due to Peter Roberts' indefatigable persistence and petitioning that these and other victories were achieved.

Respect

By Rosslyn Carlyle

I have encountered numerous people trying to twist around respect for others, in order to justify, rationalise or advocate eating dead bodies or animals' bodily fluids.

For example, the most common assertions would be the one from flesh-eaters, that "because I respect vegans, vegans ought to respect me regardless of what I am doing, or my approach to others", which shows that they are trying to trivialise respect and make it into some sort of bargaining tool. They behave as if respect is like a form of payment - "I pay others respect because I want whatever I do to be respected, so they should pay me respect back again", rather than something which happens when you consider another person's approach to be meritable.

Their idea is that vegans should all just shut up and be supportive and entirely non-critical of those who eat flesh/body fluids, because to behave otherwise is disrespectful and we should all go around respecting them. Indeed, the way in which these people define 'respect' is so far removed from what it actually is all about, that their approach is downright wrong.

Of course, if people find the needless support and active perpetuation of abusive torture of others to be ethically deplorable, then surely they would have to be very superficial or false to then claim to respect that sort of behaviour and say that they find it to be very acceptable.

The "respect me like I respect you" thing is just a really pathetic attempt to gain support for doing cruel things entirely without necessity - after all, respect is about others doing things which you find meritable, and you valuing those things or holding them in high esteem as a result of that. If people find it good that there are those who live their life by trying to avoid needlessly abusing others then they can decide whether or not they find that respectable behaviour. It's an ethically meritable approach. So it would be logical for people to decide to respect that approach.

On the other hand, if people find it good to live their life by needlessly abusing because they are selfish people who lack compassion, then based on that, people can decide whether or not they find that to be respectable behaviour. It's a very selfish and ethically unmeritable approach. So it would be logical for people not to decide to respect such an approach.

The "I eat flesh, I respect vegans, so they should respect my decision to eat flesh" thing is so intellectually flawed. It's like if someone were to say "I respect others' decision not to beat their wife and kids, so those who don't do that, ought to respect my decision to decide to do it", or "I respect people who aren't rapists, so when I rape people, I expect a bit of respect from any non-rapists in return." Effectively, it's all about manipulation and bribery, rather than a genuine, unbiased, constructive approach to respecting (or disrespecting) others.

Some people would say that by respect they simply mean "due regard for another's feeling -

but by this they mean that we should value the human desire to needlessly abuse/exploit animals to be more important than advocating against their ethically unwholesome actions; we should have regard for their feelings by tiptoeing around doing our best not to 'upset' them; for example by criticising their decision to support animal abuse needlessly. It could also be said that a compulsive need to be respectful towards others should only last as long as those others are respectful themselves. "Treat others as you wish to be treated yourself", and all that.

It all just seems to be co-ordinated to try and suppress the voice of those who would criticise selfish and abusively themed behaviour, because otherwise "the poor timorous delicate abusively-involved people might feel upset." It seems unworkable to say that people should all just respect absolutely everybody, regardless of who they are or how unethical, or ethical, their actions are. For example, should we all be respecting mass-murderers or paedophiles, and being respectful of the decisions to kill people and molest small children? If we should, then why should we? And if not, then why does the reasoning for why not also apply to people who engage themselves in other behaviour which extensively harms others, causes environmental destruction, supports human and non-human exploitation, and involves a lot of needless killing of defenceless victims?

Looking Back

By Bob Cramp

I recently found a receipt for £23-87 pence from Holland and Barrett dating back 30 odd years ago, this made me realise how as a family, our daily shopping has changed. Being vegans, the largest proportion of our finances spent on food was at Holland and Barrett. Each week we would spend regularly on items such as Granose Savoury Puddings, 6 to 8 tins every week. No longer available. These were a good standby in those days for when we had non-vegetarians coming for a meal. 6 tins of Granose Sausalatas, 6 tins of Nuttolene, 6 tins of Nut Loaf. We used to buy Granolac and Granogen in place of cow's milk.

We have always supported Plamil, which again were purchased from Holland and Barrett. We would also buy things like porridge, biscuits, cakes, various types of nuts and mixed fruits. Vegan ice cream, fruit and vegetable juices, Tartex, Vecon, Barley Cup, Cocoa and many other items. Since Plamil have stopped supplying soya cream, we now buy 10 to 12 cartons every week of Alpro soya cream at 68 pence from ASDA, their organic Soya 'milk' at 65 pence a litre, Swedish Glace Ice 'cream' at £1-58. Items such as Pure margarine, nut cutlets, pastas, and several other items can also be purchased much cheaper than at Holland and Barrett, who are now concentrating more on pills.

Because of this we no longer go to Holland and Barrett on a regular basis, perhaps popping in once a month. Many a time I have gone in and come out without buying anything. Perhaps Plamil would write and tell us why they are unable to supply us with soya cream when Alpro can.

Animal Rights Extremists

A TV programme on 27th November 2006 related to the building of a new Primates research laboratory in Oxford which is being opposed by a persistent and very vocal protest by people who initially succeeded in halting the construction work through a systematic confrontation with the contractors and builders. These then withdrew from further work. Building work has now resumed with government support and police presence, whilst the protesters continue a regular constant vocal opposition, which those who support animal testing find intimidating.

Tactics considered as extreme led to a local backlash and a demonstration in favour of animal experimentation that attracted hundreds.

Professor Aziz is a brain surgeon who strongly supports the building of the new primates house in Oxford where the brains of primates will be examined with the purpose of developing further treatments for human neurological diseases. We are introduced to a teenager who has little control over his muscular activities and at the end of the film, after a successful operation on his brain by Dr. Aziz, he has gained better control and this is shown as an example of the need for further research on primates.

My understanding is that most knowledge about brain functions has come from studies on humans by noting the function of various parts of the brain. Experiments on other primates (not in their natural habitat, not in their social groups and living in unnatural conditions) may not be reliable, may even be misleading. Yet, in a court of law, the fact that experiments were done on animals before treatment of humans, is sufficient defence that due care had been taken.

It is well established that tests on animals cannot be extrapolated to human beings, nor even to other species of animals, however closely related. Rats and mice may react quite differently to tested substances and there are substances known to cause cancer in humans that will not cause cancer in dogs.

When medical testing is transferred from animals to humans the precaution is taken of first trying a much reduced dose to that that was found safe in the animal model. In a recent case, a dose of only 1/500th of that tested safe in dogs was given to a few human volunteers to see what the reaction might be. The result of even such a small dose was dramatically extreme and all of the tested men had to be rushed to intensive care with their lives in danger.

Dr. Aziz is a mild, soft-spoken man and makes a dramatic contrast to the strident, impassioned shouting of the anti-vivisectionists lined up in the street opposite the proposed new lab.. He can easily be depicted as the voice of reason against an irrational group of non-experts failing to respond to scientific truth, refusing to accept the ways of progress, and so on.

This is a travesty of the reality in this debate. I really should say non-debate because what Dr. Aziz, Colin Blakemore and other supporters of

animal experimentation avoid to admit is that it is they who are consistently avoiding a debate with qualified experts who strongly oppose animal experiments on scientific, logical grounds fully backed by fully researched data from scientific journals.

Hans Reusch, Robert Sharpe, Vernon Coleman and Dr. Croce have attacked the misleading aspects of experiments on animals many decades ago. And now a new generation of expert opponents is publishing data that sets out on scientific terms the falseness and often harmful, even deadly results of relying on animal experimentation. The questions and doubts they raise are so strong and persuasive that those who continue to defend testing on animals should, if they can, point out any inaccuracies and set out their counter-arguments. This they completely fail to do and continue to argue as though they were the voice of scientific reasonableness. Yet there is nothing scientific nor reasonable in their refusal to debate either in publications or open debate with the arguments put forward by their opponents.

Vivisection is of course supported by vast financial interests: the pharmaceutical industry makes huge profits from bringing out new drugs on which they are granted a profitable patent for 25 years and the results of animal experiments are accepted as proof against any claims for damages made in courts of law.

The film shows a young female lab assistant proclaiming her love for a sweet laboratory mouse soon to have electrodes planted in its brain. The experiment could be harmless but the mouse would no doubt be happier living its destiny in the wild rather than being caressed by a human, however sympathetic she may be. And no doubt it will be 'put down' once its usefulness is done.

One question was not asked in this film. Why was the young man suffering from neurological problems and indeed why our hospital are overburdened with patients suffering from painful, chronic diseases? Prevention is better than cure. The conventional answer to this is to seek for more drugs and vaccines as a means of prevention rather than looking at the underlying cause in our habits and lifestyle.

The connection between the prevailing habits, especially dietary habits, and current ailments and behaviour are clearly apparent. Schools that have banned fizzy drinks in school have noticed a marked improvement in attention and better behaviour in their pupils. Can there be a substance in their drinks that has a bad effect on the brain? Parents long ago have shown that banning carbonated drinks can change a disruptive child into a normal pattern of behaviour. It did not need an experiment on any animal to prove it.

Read the labels on prepared foods and you will find a long list of additives, such as stabilisers, emulsifiers, colourings and flavourings. In fact, strawberry flavoured foods or drinks may not contain any strawberry at all, just a synthetic flavour. Beef flavoured crisps may be quite suitable for vegetarians! Similarly with other products; and many additives have not been proved harmless to everyone. Tartrazine, E102,

a yellow dye, can be harmful to some, yet can still be used.

A long shelf-life and a pleasing taste and texture are what people are being sold. The long term effects of ingesting these additives in a complex mixture and over a long period of time cannot be fully assessed. What is known is that the behaviour of difficult children has been improved when they cease to take in food and drinks with many additives

H. Mather

HIPPO

The vegetarian charity that feeds hungry people without exploiting animals.

Farm animals consume ten times as much food as they produce. Rich nations import food from the Third World to feed their livestock. Eat less meat or better still go vegetarian. Improve your own health, reduce human and animal suffering, and support our international relief work.

HIPPO, Old Vicarage, Llangynog,
Carmarthen SA33 5BS

Trees mean Life



www.treeaid.org.uk

TREE AID reverses poverty by sharing skills and channelling funds to projects so that villagers can:

- grow trees to meet their daily needs, especially food and to protect their homes, farmland and schools.
- grow hedges to stop cattle and livestock destroying crops.
- earn money from tree products to pay for essentials such as schooling and healthcare.
- manage their woodland sustainably to preserve the resources and contribute to biodiversity conservation.
- improve the environment and soil quality to help grow enough food.
- irrigate the trees to ensure a high survival rate.
- use fuel-efficient stoves to reduce the need to cut wood for fuel.
- manage their environment and livelihoods long after funding has ended.

Omnivore, Vegetarian or Vegan: the Moral Issues

By Tom Ganderton

The human diet is made up of carbohydrates, proteins, fats, vitamins, mineral salts, fibre and water. We need all these dietary components to have a balanced diet and thus a healthy existence. A good source of carbohydrate is something like bread or potatoes. Protein is usually obtained from meat and fish. Fats are substances like butter and oil. Vitamins can come from dairy foods, fruit and vegetables. Mineral salts may come from spinach, milk and salt. Fibre comes from fruit and vegetables and bran. Water obviously is from drinking water.

What does this tell us? Well, it shows us that all our dietary requirements can be met by eating just plants - bar protein. We need protein in our diet for growth and cell repair and for most people, their protein source is meat - that is to say, a dead animal. However there are many, many other perfectly good sources of protein that do not come from animals: beans, eggs, cheese and milk to name just a few. What this shows us is that we can have a balanced diet and get more than enough protein without ever eating a single animal, i.e. being a vegetarian.

But just because we can avoid eating other animals, does this mean we should? A dog is basically a carnivore and so when it kills rabbits, rats, pheasants and anything else it can get hold of, people generally tolerate this because it is 'natural'. A dog can, though, live a healthy life without ever touching another animal because all of its dietary requirements can be met by meat-free foods. Obviously a dog left to its own devices would never have a diet like this because a dog does not have a mental capacity to think that it might be killing needlessly and so it could be wrong. Humans though have no such excuse. All of us are aware that we don't need meat in our diets and yet we persist in eating it. Why? simply because we like it. There are some people in the world that like eating other people, but they are labelled as being abnormal and cruel. Why then should we kill animals, they are after all living organisms that have physical feelings and sometimes even experience simple emotions. The argument that we need to eat them to survive is quite obviously flawed - because we don't. We are therefore killing nine billion animals needlessly every year, and so we are not just killing them - we are murdering them.

What about vegans though? Are they morally superior to vegetarians? We have already ascertained that animals can experience emotions, can feel pain and they also have an instinct for survival which means that given the choice, they would not let us eat them. A vegan is a person who doesn't eat animals or any products from animals. This means that they cannot eat eggs or drink milk, for example. Is

this all rather pointless? It is true to say that vegans have to be very careful with their diets and would certainly be better off from a dietary point of view, being a vegetarian. The key question to ask is: Do the animals mind having eggs/milk stolen? The simple answer is no. Cows for one enjoy being milked and although hens occasionally become broody over an egg, for the most part they don't mind you taking their eggs. In fact, they often abandon the eggs they have just laid, so leaving them would simply be a waste.

So what conclusions can we draw from all of this? It's quite simple really. Being a vegan has very few merits either to yourself or to animals because you are not causing undue grievances to animals by drinking their milk or eating their eggs. We can also conclude that we don't need to eat any meat, and so we don't ever need to kill an animal. Because we as humans have the mental capacity to realise this, I think that it is morally wrong to continue eating meat because you are essentially committing murder. Being vegetarian is, then, the perfect dietary option. You have a healthy balanced diet and you don't have to get up every morning knowing that YOU are a mass murderer.

Editor: The author, like most of the population, seems unaware that most epidemiological studies find that vegans are healthier than other vegetarians.

Cows are bred to overproduce milk and if you have ever seen their legs chafing the enlarged udders, it is doubtless true that they would enjoy the relief of being milked.

As for hens in battery cages, their every natural emotions are frustrated

Readers are invited to respond to the above.

Useful Tree

The planting of trees is important to vegans in the global context, as trees can help create alternatives to animal dependent societies.

HDRA, also known as Garden Organic, is helping to promote the planting of beneficial trees in the Third World. Prosopis is a tree native to Latin America. It was introduced to dry lands around the world in the 1970s and 1980s in efforts to reverse trends to desertification. It is a drought-tolerant and nitrogen-fixing tree. It can provide shade and supply local people with essential resources such as wood, fuel and fodder for animals (but non-animal systems could be substituted).

Because knowledge of its management was not spread with the tree, its vigour led to encroachment of pastureland and was looked on as an evasive weed. HDRA can supply knowledge to turn an 'evasive weed' into a solution for societies living in dire conditions and they are supporting a development project in Kenya.

Prosopis has valuable qualities that provide income generating products. Its timber is harder than oak, red-brown in colour and an attractive grain. It is popular for crafts and furniture making. It can also be used to make charcoal. In Mexico it is known as 'mesquite' and this charcoal gives the 'mesquite barbecue' flavour popular in parts of the USA.

Prosopis is rampant in some of the driest parts of Kenya, where it is generally maligned for invading goat pastures. Pilot projects have been provided in some villages to provide villages with training in the management and uses of the tree. Local and internal markets are being investigated for timber certified as sustainably produced. Its timber could be used as a sustainable alternative for outdoor flooring and furniture, bringing social, environmental and economic benefits.

Commercial charcoal production is closely linked to deforestation in Kenya. So, producing charcoal from the 'invasive Prosopis' can provide alternative fuel.

Most importantly, flour made from the pods has great potential as a food supplement in drought-stricken areas. Its nutritional value is being investigated.

The project is having a positive impact in the region. I suspect there are very many more plant-based solutions that could provide nutrition and economic prosperity to many areas which suffer from under-nourishment and even starvation because of their traditions of relying on grazing animals for food and their animals are destroying the sparse vegetation.

Drought-stricken areas don't need more animals which compete with humans for vegetation and water. The help they need is for the propagation of trees, bushes and plants that will fight back against the encroaching desert and also provide nutrition, fuel and create an income.

HIPPO and VEGFAM will fund such projects. Sending a cow, goat or pig can only add to the long-term plight of the poor. *H. Mather*

Change your life!

The New Year was a good time for resolutions and people are by now either firm in their new lifestyle or have given up in despair. Well, here's another chance.

Christians are supposed to give up eating meat and eggs during Lent, which starts after Shrove Tuesday (also known as Pancake Day).

Get your friends and relations to follow this practice at least until Easter Sunday. They might even take it on for life.

At the moment of writing, another bout of Asian Flu has hit the Bernard Matthews intensively farmed turkeys in Suffolk. 160,000 young turkey are being slaughtered in a few days in an attempt to check the spread of the disease, which no one knows where it came from.

There is no threat to humans eating the diseased birds, but how can we call ourselves civilised if we become aware of the barbaric conditions to which these sentient creatures are submitted and not react in horror.

Giving up meat and fowl for Lent might go some way to atone for this evil practice. Christian or Non-Christian, you are responsible. Changing your eating habits is the only way to bring about change.

A Vegan Champion

Looking at Pat Reeves you would not suspect that you are looking at a Champion powerlifter. Yet she consistently proves she is a champion in his sport, whilst maintaining a strict vegan diet. She is also using her extensive knowledge of nutrition to combat malignant growths from a hereditary predisposition, based on vegan, raw food remedies.

Here is her latest report:

It gives me great pleasure to be able to communicate with you all and to inform you that on 11th November, one day ahead of my sixty-first birthday, I became World Champion Powerlifter with the British Drug-Free Powerlifter Association. This event was held in Southern Ireland over three days. Aside from eight competitions I completed during 2005, the World's was the one I was unable to attend by dint of a major accident fourteen months ago. During 2006 I have steadfastly repeated all the records set in 2005 - and this time my health situation held sufficiently for me to win at World level. I am obviously extremely pleased with the outcome - it has been thirteen years since I achieved that previously.

As to the cancer situation., though the clavicle to left lung metastasis has remained stable - though not improving - there are indications following last blood test that all may not be well with my liver. I am about to undergo further investigations regarding this in Germany, but, on an immediate basis, I am leaving for San Francisco today to spend some time with my younger son who recently moved there to set up an extension to his computer-based company in UK. This will be my first holiday for many years and I am truly looking forward to a rest !!!

My practice is as busy as ever and this year I have developed and formulated my own dietary supplements - obviously composed of vegan

nutriceuticals - which are proving highly efficacious for my patients.

Regarding the recent article on soy - whilst I intrinsically agree with the basics from a nutritional perspective, I feel I need to correct an inaccuracy regarding tofu. In this article it is stated that tofu is fermented - and this is absolutely not so!. The fermented versions of commercially available soy are: tempeh, miso and natto. Most available soy sauce again is not fermented with aspergillus oryzae and inevitably include alcohol as a preservative. Hence whilst tofu is a reasonably nutritious food in small amounts, provided it is sourced from an organic origin, it does not confer the many health benefits that fermented sources provide. Mixing miso into tofu (after heating) improves the value of tofu somewhat.

I have been recently liaising with a newly formed company providing excellent tempeh, seitan and unusual pastas, patés, etc. and am currently referring my patients to try these organic versions.

For anyone wishing to access, please go to www.vegetalia.co.uk or telephone 07810 882802 and mention my name as referral to the Director Doreen Sykes.

Love, Light and Peace.

Pat Reeves, practitioner of nutritional and functional medicine. [pat*AT*foodalive.org](mailto:pat@AT*foodalive.org). www.foodalive.org. Tel. 01384 270270.

Pat Reeves has visited San Francisco before, so we asked her how she got on with her diet there. She replied: "I found most stores in San Francisco all organic so no problem with my lifestyle diet. I did not eat out, there. However, acquiring foods for myself, eating with my son and daughter-in-law was really easy. Almost all supermarkets in San Francisco sell organic versions of everything."

A Look at the News

A Sanctuary Seeks Support

Hillfield Animal Sanctuary near Bromsgrove in West Midlands, has 300 mouths to feed. The owner is battling against almost impossible odds and desperately needs help, both practically and financially. Please contact Lyn on 0121 445 3828 or visit our website www.hillfields-sanctuary.co.uk.

Label Change

BOVRIL now contains beef again.

Broiler Hens

The EU Commission is resisting a call to restrict the density of broiler hens in conditions where, when they attain their final size, they are so crowded they are unable to move. The objections to change come from the states who joined recently and who are exporting to the UK, amongst others countries.

Tea without Milk?

Tea has been found to help prevent heart disease because it tends to enlarge the arteries.

But if you take milk with it, the casein in milk negates the value of the tea by itself. Soya 'milk' has no casein so should be safe.

Kickboxing Vegan

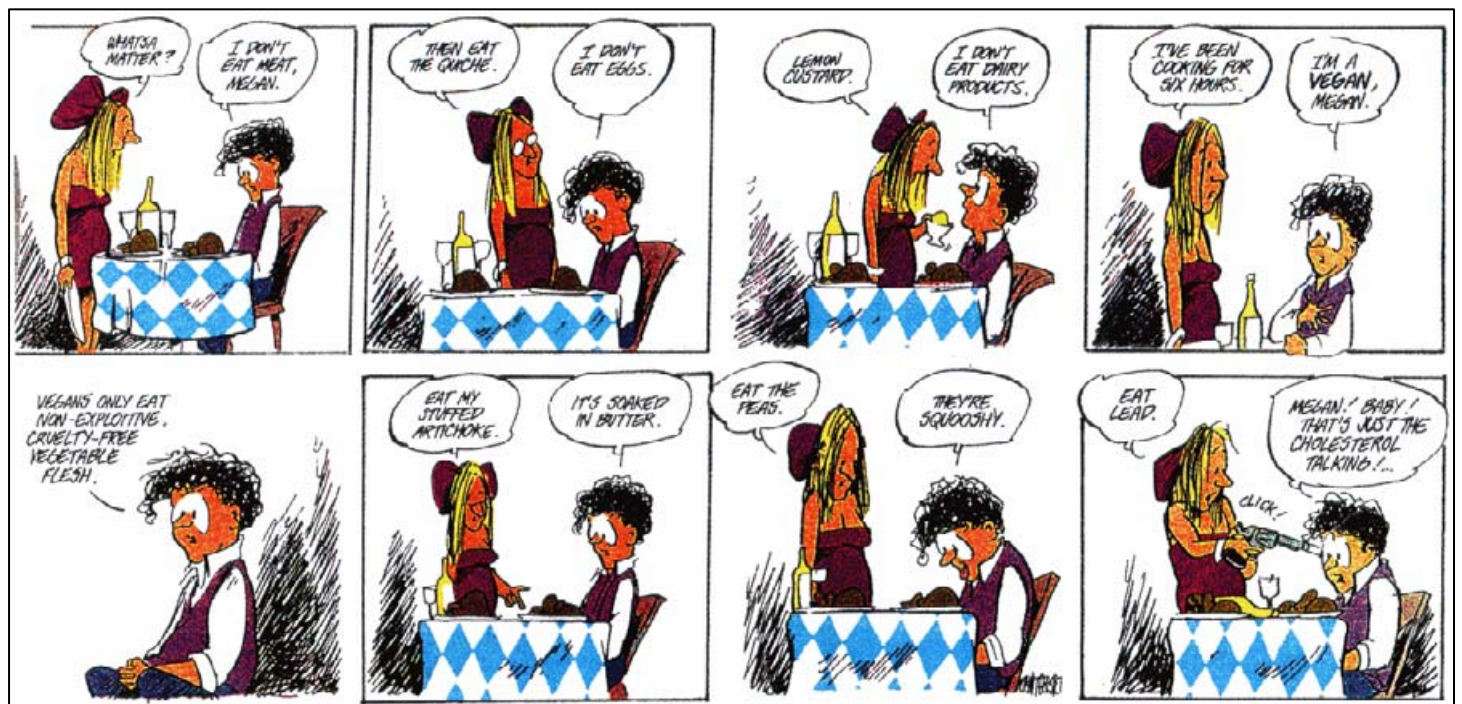
Raw athlete James Soughwood won the British Savate kickboxing championship in December 2006

He has been vegan for over ten years and exclusively raw for the last three years, with raw vegetables, fruitnuts and seeds. This proves that plant foods provide all the nutrients needed by a successful athlete.

Cloning

A calf born of a cloned American cow has been imported into the UK.

Presumably the original cow yielded exceptionally high quantities of milk. Is there to be no end to pushing these limits?



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Aduki Bean and Mushroom Casserole

Ingredients

- 1 cup cooked aduki beans (soak beans overnight and cook for 3/4 hour first)
 - 2 cups chopped mushrooms
 - 1 chopped zucchini
 - 1 chopped pepper
 - 2 chopped tomatoes.
 - 2 cloves crushed garlic
 - 1 teaspoon chopped ginger
 - 1 cup of Tomato juice or tomato paste with water.
 - 3 teaspoon of soya spread.
- Mixed herbs, mixed spices, cardamom, cumin, turmeric.

Method

Mix together. Place in casserole dish with lid. Bake for 1/2 hour or until zucchini tender.

Optional: 1/2 glass of dry red wine.

(Vegan of course!)

© Zaak 2006.

Shepherds Pie

Ingredients (Serves 4)

- 1 cup of cooked lentils
 - partly steamed chopped cabbage (or broccoli)
 - 2 grated carrots
 - 3 cloves garlic or onion
 - 2 chopped cup mushrooms
 - 1 cup peas
- Add oregano or marjoram, stock mix, 1 teaspoon molasses

And cook these in frying pan till mixed in.

Add some water until thickish.

Put in a deep baking dish

Add a layer of mashed potato on top

(5 chopped boiled potatoes mashed with soya milk, soya spread added or Olive oil).

Brush on soya milk to make it brown and crispy

Optional: Sprinkle sesame seeds on top and add sliced tomato & olives as well.

Bake moderate heat for approx 1/2 hour.

© Zaak 2006

Indian Meal

(Serves 4)

Bombay Potatoes

(two potatoes per person)

Boil sliced potatoes till half-cooked.

Drain and place in oiled (olive oil) tray till nearly tender.

Add herbs, turmeric, spices (Indian mix), curry powder. Mix with potatoes

RECIPES

Cook in oven until tender.

Soy Alloo Tofu

Marinate a block of organic tofu in oil, garlic, curry powder, herbs, turmeric, cumin seeds for 1 to 2 hours.

Fry in pan for 5 minutes. Add chopped nettles, comfrey or moderately boiled spinach

Cook with a lid on for another ten minutes.

Serve up.

Vegan Curry

Soak 1 cup of lentils overnight

Soak dried tomatoes for one hour

Stir fry:- garlic, ginger, chopped carrots, broccoli, capsicum, celery, onion and anything else (mushrooms, courgette) till nearly tender.

Add curry powder, mixed spice, herbs at same time.

Boil lentils till cooked.

Mix into frying pan with vegetables

Add tomato juice or vegetable juice, water till just covering the cooking vegetables.

Simmer until vegetables tender and it looks good.

Optional: add 1 tablespoon of soya spread to make it creamy

Thicken with potato flour mixed in water (same as cornflour).

Cook couscous or quinoa or rice

Serve curry on bed of this.

**If It Has a Face
Don't Eat It**

Shrove Tuesday

Traditionally Shrove Tuesday was the day before the beginning of Lent, when no eggs were allowed to be eaten; so that used them all up on pancakes.

Vegans have no eggs to use up, but can still make pancakes without eggs. Or you might try to persuade a friend to give up eggs for Lent. See also Veg4Lent (page 2)

Vegan Dining in Korea

A new website www.vegetariankorea.org has information on vegetarian, vegan and organic dining and shopping in Korea. This is the only place where such information is available in English.

Vegetarian Centre in Croatia

Potok is a non-profit making establishment. It consists of a farm house extended and renovated to form 3 spacious flats, a separate double room, communal areas, storage and workshop space and 1,500 sq.ms of vegetable garden and orchards.

It is only 600 ms from a beach and harbour, nearly half the route being on a private footpath and has glorious rural and coastal views.

Mirca is on the bus route and is mid-way between the attractive coastal village of Sutivan and Supetar, the islands main port and ferry terminal. A pleasant walk may be enjoyed to either and the whole island offers superb walking

Brac is the largest and most accessible of the Croatian islands and is largely unspoilt. There is a regular ferry for under £2 to Split, the largest city on the Adriatic coast and of immense architectural interest. Here too is the airport.

Potok has solar/oil central heating. It is open to permanent residents, volunteers and, space permitting, guests, all of whom will help to realise its potential. It offers a unique opportunity to those dedicated to the compassionate way of life.

Contact: Jenny Gage, Potok BB, MIRCA, BRAC 21400, Croatia. Tel: 00385 21 630179. E mail: jennygage*AT*hotmail.co.uk. Web: www.vegpot.com.

GLOBAL WARMING can be checked and people better supplied with food and other necessities if we use land for trees that absorb CO₂

Not for livestock that emit methane a much more powerful green house gas.

Details from: MCL, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. www.mclveganway.org.uk

I am not opposed to the progress of science as such On the contrary the scientific spirit of the West commands my admiration and if that admiration is qualified it is because the scientist of the West takes no notice of God's lower creation. I abhor vivisection with my whole soul. I detest the unpardonable slaughter of innocent life in the name of science and humanity so-called and all the scientific discoveries stained with innocent blood I count of no consequence.

Mohandas Ghandi *Young India* 17th December 1925.

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 8481 7239 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.

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

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

WALES

Swansea Vegans meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773 Email: george.barwick*AT*ntlworld.com.

Carmarthen Vegetarian Friends We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St,

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.

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.leicestershireveggies.org.uk.

Shropshire Malcolm Cramp Tel: 01952 432874. Malc*AT*3173.freerve.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.freerve.co.uk.

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

Vegan Organisations

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



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

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

The Movement for Compassionate Living (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. Secretary/Membership/Treasurer: Irene-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.

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

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

Email addresses

To reduce the amount of junk email that advertisers get, we don't usually list their email address if they have a website (where you can normally find their email address). Where we do include email addresses, please replace *AT* with @. We have encrypted them to reduce the chance of advertisers getting junk email.

Advertisements

B&Bs & ACCOMODATION

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@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 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. Also looking for a chef.

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.

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

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

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 12 84401 249 2. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG. Tel.+44 (020) 87440990. Fax +44 87443100. Email info@AT@athenapress.com. Distributed in UK by Gardeners and in USA by Ingram and Barnes and Noble.

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 Portswood 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.

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p. Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p. Skewed by Martin J. Walker £12 inc

p&p. A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications. All four of the above books can be bought from Philip Duckworth, Dormers, Otwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

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

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

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, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393.

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.freesserve.co.uk.

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

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anticonsumerist, 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 A11LOVe. 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 veganly consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

NEW Vacancy for Live-in Gardener/DIY Person. Holistic Retreat Centre has a vacancy for a part-time helper to assist with the garden (one acre organically maintained) and to help with DIY around the building. Some knowledge of plants/gardening would be helpful. A small flat is available in exchange for a few hours a week. Stunning and quiet coastal location. Quiet non-smoker needed who will follow a vegetarian/vegan diet whilst on the Centre premises. An interest in renewable energy and sustainable lifestyle would be an advantage. Some heavy work is required. Contact: 01267 241999. maddie*AT*heartspring.co.uk

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!

Skinvac Vegan Beauty - (Chemical Free) for Acne Control & Daily Cleansing. Nondrying Exfoliation. Reusable, Affordable and Effective Available from ebay.co.uk & www.skinvac.com. See actual video footage of whiteheads unclogged instantly! 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

Karuna Detox Retreats 7 day juice fasts. Using colonics, yoga, meditation and massage to rid disease, plus nutritional talks and personal empowerment to encourage health. Small group size to allow personal contact with practitioners and simple, health-orientated practices to take away with you. Monthly retreats in Devon, UK. www.karenretreats.com

Natural Nutrition And Naturopathy Alkalize and energise using natural nutrition, Super greens and prime ph – free coaching for vegans using this amazing health system designed by Dr. Robert O. Young. Amanda Wise P.Dip.N.N., M.C.M.A. Tel 01202 885477 www.bodywise.uk.net

Maximol colloidal minerals with vitamins, amino acids and enzymes. Revenol powerful antioxidant. 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.

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

Vegan Health and Nutrition Consultant available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765. Web: www.vibrancy.homestead.com/pageone.html

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

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

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

Stardust Therapies (Southampton) Practising at Allsorts Psychic Café (023 80237561), or home visits by arrangement. Reasonable rates + concessions + 10% discount to Vegetarian Society/Vegan Society/Animal Aid/Viva!/Vegan Organic Network members. Ziggy Woodward MIGHT. 023 8064 3813. www.stardust-therapies.co.uk.

PERSONAL

Hi! I'm an 11 year old girl would like a penpall around same age. I love reading, writing, arts & crafts, animals and being outdoors Write to Box Number 106, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

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.

SHOES

www.veganline.com sell vegan shoes online – Freeport 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

Shoe Repairs Shoe Mate, Silver Street, Axminster, Devon EX13 5AH. Tel: 01297 631133. Vegan-owned shoe repair shop. Vegan materials used. www.vegancobbler.co.uk (website under development). Formerly called *Total Liberation* and *Lyme Leisure*, but no longer selling shoes.

NEW 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.

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)
www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)
www.arcnews.org.uk (animal rights new)
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.vegining.com (worldwide)
www.veggieheaven.com (UK)
www.vegetarianvisitor.co.uk
www.vegout.info (UK)

Travel

www.vegetariansabroad.com

Vegan Products Guides

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

Vegan online shopping

www.crueltyfreeshop.com (Dr Hadwen Trust)
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)

Soup Secrets

Tips from Wessex Tales

Just a mile away from where Harry Mather, the Vegan Views editor lives, there is a vegan restaurant called Wessex Tales, and it goes without saying that it is popular with everyone involved in Vegan Views. Their soups are consistently delicious, so we asked them what the secret was to making a good vegan soup.

The restaurant is run by Tim and Tina, who are both committed vegans. Tim prepares the soups, and was happy to tell us the secrets...

Importance of onions

Tim told us that the secret is with the onions - use a lot of them, since they add strongly to the taste, and cook them well, letting them sweat down, since this increases their sweetness.

Tim recommends that you use about 4 or 5 medium size standard English onions for every 2 litres of water that you add to the soup.

Cook them in vegetable oil at medium heat to begin with, and when they turn opaque, turn the heat down then continue to cook. Ideally, the onions should be further cooked slowly for 20 minutes, but without browning them, so make sure that after the initial frying period, the heat is low. By cooking them gently for a long time, they become sweeter tasting.

Carrots for a sweet taste

Carrots are very useful for bolstering a stock. They also add sweetness and texture

Choosing a good stock

Tim's other tip is to use a good vegetable stock. He recommends using Marigold vegan bouillon, which is organic. It comes in small red tubs, and is available in many healthfood and wholefood shops. It's in powder form, so is very easy to use. He doesn't add any extra salt, since this bouillon powder already contains salt. There is a low-salt variety, but Tim finds that the standard variety gives a better flavour.

Blending

Whether you blend or not depends on the type of soup and the texture you want. If you want texture in a soup, chop the vegetables finely, but don't blend at the end. If you want your soup to be stew-like, medium chopped vegetables are best. For a smooth soup, don't waste time chopping finely - chop roughly, let them cook, and blend at the end.

Sometimes it's helpful to have some texture in an otherwise smooth soup. For butterbean chowder, Tim leaves a portion of the butterbeans out, blends the soup, then adds back the portion of beans at the end. That way, you get texture in amongst a background of smoothness.

Although you can use a food processor to blend the soup, Tim prefers to use a hand blender - blend it in the pan in which it was



cooked, which reduces the amount of washing up.

Now for one of Tim's Wessex Tales soup recipes...

Carrot, Red Lentil and Coconut soup

Serves 4-5 people

Ingredients

2 medium-sized onions
1 rounded tbsp ground coriander
½ level tsp cumin seeds (unground)
3 medium-sized carrots
1 litre water (pre-boiled to speed up the cooking)
½ cup of lentils
½ block of creamed coconut
3 level tbsp bouillon
small handful of chopped fresh parsley

1 heaped tbsp chopped fresh coriander
½ level tsp freshly ground black pepper

Method

Fry the onions (as described above).

When the onions are almost done, add the ground coriander and the cumin seeds, and continue frying for 5 minutes, stirring all the time to prevent the coriander powder from burning.

Roughly chop the carrots, and add them to the pan together with the water.

Bring to the boil, then add the red lentils, coconut cream, bouillon, chopped parsley, chopped coriander, and pepper.

Simmer until the carrots and lentils are soft.

Blend until smooth.

Serve, garnishing it with a little chopped fresh coriander.

Driver/Warehouse Worker Required

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