

WELL FED-NOT AN ANIMAL DEAD!



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This is just a short pamphlet consisting of a couple of articles written by friends presenting the case for Veganism and examining the wider implications of this way of life, and a few recipes which I have enjoyed since having been a Vegan myself. Most of these were discovered by myself or through experimentation with others' recipes, although some may be basically unchanged versions of recipes you may see elsewhere. Still, since you either got this for nothing or only paid a few pence for it, who cares?

NB The only thing you've really got to watch when you take the step to becoming Vegan is that you are getting enough Vitamin B12 - this can be obtained from most yeast extracts such as Barmene or Natex (best to avoid Marmite, as they are a subsidiary of Beechams, a pharmaceutical company who are heavily implicated in financing animal experimentation) + from some Soya milks.

Apart from that the important thing to remember is simply to get plenty of variety into your diet - eat plenty of fresh veg (organically grown, if possible), fruits, beans, nuts and grains. I'm not a nutrition expert - this is just a short pamphlet giving a few recipes that have kept me fit and well during my 2 years or so of being a Vegan. If you want more advice on Vegan nutrition, etc, contact the Vegan Society (see address elsewhere).

Stay happy & healthy, love, Graham

XXX

LIVE AND LET LIVE - SOME ARGUMENTS FOR VEGANISM

Vegetarianism is becoming rapidly acceptable and more and more people are cutting meat from their diet, but Veganism, the renunciation of all animal products (ie, meat, milk, cheese, eggs, leather, animal fats, etc) is still considered as 'too extreme', 'going too far', 'pointless' and 'unhealthy'. Most people don't realise how much cruelty exists in the dairy industry and also the wider implications of a Vegan Society.

In the meat industry the animals are fattened and slaughtered as soon as possible but in the dairy industry they are exploited for as long as economically profitable. Hens are the most publicised example of this. They are kept in cages measuring 18" x 20", often 5 to a cage, in semi-darkness, unable to move about freely. They have difficulty eating and drinking due to being debeaked at an early age to prevent them pecking each other in the battery cage. Debeaking itself is a traumatic experience, and some chicks have been known to die of shock. After the hen has finished its 'productive' life it is taken to the slaughter-house to be used in convenience food such as soup, pies, etc.

You cannot escape the tint of the Slaughter-house by eating free-range eggs because for every hen that hatches a male chick hatches, and this will either be killed immediately or fattened for slaughter in the broiler-house.

The popular image of the dairy-cow is a lazy creature lying in a field only to be disturbed once a day for a trip along the lane to the milk-shed. It's not widely known that dairy cows have to be subjected to yearly pregnancies and that calves are taken away as soon as possible so that milk can be taken for profit. In the words of an independent report on factory farming, commissioned by and ignored by the Government, "separating the calf from the mother undoubtedly causes anguish for them both. Cattle are highly intelligent, and attachment between the calf and mother is particularly strong."

The calves may face one of several fates, they may be slaughtered immediately for Veal to be used in pies or for remelt, or they may be sent to a White Veal Unit. This involves being shut up for the whole of their lives in a narrow wooden crate with no room to move around. They are fed on a special liquid to promote maximum growth in minimum time. The calves are taken to slaughter after 14 weeks, suffering from stomach ulcers and abscesses, and legs too shaky to stand on. Calves, it should be remembered, are usually active and playful animals.

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80% of beef produced is a by-product of the dairy industry, and calves are usually sold almost straight away to be put in intensive beef units to be fattened up.

Some bulls may be reared to impregnate cows but much more likely to serve 'canvas' cows or tubes. Most of its life will be spent in solitary confinement. Some cows may be used as dairy cows and have to suffer yearly pregnancies. This means for 9 months of the year it is pregnant. When its milk yield drops it is either sent immediately to Slaughter or sent abroad, with all the stress & maltreatment caused by long distance transport, because 'worn out' cow's meat is not popular in Britain. As the 'New Scientist' said; "The modern dairy-cow leads a hell of a life".

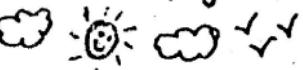
Eggs, cheese and milk are generally considered essential for health. They do in fact contain a lot of goodness but can also be very harmful. Eggs are extremely high in cholesterol which is closely associated with heart disease, and animal fats, as found in cheese and milk, can be responsible for heart and circulatory diseases. With exception of Vitamin B12 (see note at beginning) all the essential vitamins and minerals can be found in vegetables and vegetable products.

Few people are aware that the countryside is being threatened by the need to grow crops to feed livestock. During the period 1966-74, one quarter of Britain's hedgerows (above 120,000 miles) was lost, and since 1945 one fifth of Exmoor has come under the plough. The reason for these dramatic changes is the expansion of the meat and dairy industries. An amazing 90% of agricultural land is spent on feeding animals. Animals are inefficient converters of protein, which means that they will consume far more protein than they will 'give' as meat, cheese, etc. It therefore follows logically that a Vegan needs far less land to grow her or his food than a meat eater. In fact if Britain were Vegan it would be self-sufficient of food on $\frac{1}{4}$ of the land currently used for agriculture. This would mean that there would be millions of spare acres to be put to such good use as recreation, wild-life reserves and forests. Trees are very important for many reasons such as oxygenating the air, regulating the water supply, maintaining soil fertility, providing food (fruit & nuts), and enhancing the landscape. Most significantly, though, trees can be used as a bio-fuel and if planted and harvested on a sustained yield basis they would supply most of our physical needs, thus we wouldn't 'need' nuclear power.

(Cont.)



The implications of Veganism therefore are extremely wide-ranging, and by giving up animal products you not only save animals and make yourself healthier, but you are helping to save the countryside and perhaps in the long term also helping to prevent a nuclear disaster.

By Gary 

VEGANISM AND THE STRUGGLE FOR LIFE

In a sense Veganism is the boycotting of all animal produce, but there is more to Veganism than that, and the struggle for life does not simply end there. Just as our Veganism shows an interdependence between our compassion for animal life, our respect for the world ecosystem and our attainment of personal health, so there are many links in the chains which oppress life;

e.g. Rainforests are cut down, depriving people and animals of their livelihoods, and the atmosphere of its lifeblood, so that McDonalds can steal the land to grow the wheat, to feed the cows, to produce the meat for the hamburgers which their advertising would have us ram down our throats....

The very nature of Veganism means that we probably boycott McDonalds, if only for their overt use of slaughtered animals, but at the same time, whether we realise it or not, we are refusing to contribute to their desecration of the earth's rainforests and their disregard for the indigenous peoples and animals of those forests. I say probably because McDonalds French fries (chips) are Vegan in that they contain no animal product, but if we have not made the links between McDonalds as a whole and oppression already, then there is no better time to start than now, by actively boycotting McDonalds as a whole.

The list is long - Rowntree's fruit gums are Vegan, Cape and Del Monte fruit is Vegan, but if our having grapes in winter is reliant on blacks in South Africa going hungry and being battered into submission by the Apartheid regime, who reap the profit from these products, then I say boycott these and all other South African products...;

Holland and Barrett the health food chain are owned by a
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company who specialise in making battery cages for hens.

ICI might give the impression of being animal lovers with their fluffy "Dulux Dog" adverts, but they also test their explosives on live animals at the military research establishment at Porton Down in Wiltshire.

Heinz, Kelloggs, Nestle's, Beecham Group, Cadbury-Schweppes, Ciba-Geigy, British-American Tobacco, Colgate-Palmolive, Fisons, ICI, Mars, Boots, all give money to the likes of BIBRA (British Industrial Biological Research Association) and to MRC (Medical Research Council) as does the government, to finance chemical and cosmetic vivisection.

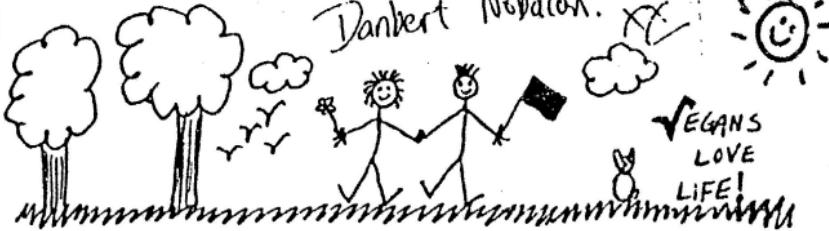
British Petroleum (Britains number one company) mine Uranium in Australia with no regard for Aboriginal land rights, so that the CEGB can make nuclear power, and so that our government can make nuclear weapons, which both threaten every living organism on this planet.

The list goes on and on.... we cannot hope to boycott, protest against, refuse to work for every company, country or government involved in the oppression of life, but we can make a start to the process of re-educating ourselves and each other, into making the links between the product in the high street and death in the 3rd world, into finding alternatives and if necessary creating our own alternatives, into acting according to our consciences and taking action against the forces of oppression

Take the trouble to join the struggle today.

Love & Strength,

Dankert Nabaron.



PEANUT ROAST

$\frac{1}{2}$ lb brown rice (cooked)
 $\frac{1}{2}$ lb peanuts (NOT roasted & salted) (chopped)
 $\frac{1}{4}$ lb wholemeal bread crumbs
One Onion, finely chopped
One clove garlic, crushed
One tin of tomatoes
 $\frac{1}{2}$ lb mushrooms, chopped
One teaspoon yeast extract
3 tablespoons cider vinegar
Some chopped red cabbage
Some chopped cooking apple
Some herbs
A little Salt

Place rice, nuts & bread crumbs in a baking dish. Fry onion + garlic lightly. Add tomatoes, yeast extract + cider vinegar and cook for several more minutes. Stir this sauce into the rice, nuts & bread crumbs. Stir in mushrooms, cabbage, apple, etc. Until mixture is quite stiff. Cook in OVEN gas mark 5 for 15-20 minutes or so. Serve with Spinach or some other dark green vegetable.

The basic recipe for this minus the cabbage, apple etc. can also be used as a Stuffing for Stuffed marrow, Stuffed aubergine, etc.

STUFFED MARROW

Stuffing mixture (Follow recipe above, omitting cabbage & apple)
One large marrow
Some Vegan margarine

Hollow out marrow, and add flesh to stuffing. Stuff marrow with filling mixture and grease with marg. Cook at gas mark 5 for 20 minutes or until marrow is cooked.

CREAM OF SPINACH SOUP

$\frac{1}{2}$ lb fresh Spinach
One onion
One clove garlic
1 pint sugar-free Soya milk
3 pints Vegetable Stock
5 tbs wholemeal flour
a little Salt
a little nutmeg

Chop onion & garlic & finely shred Spinach. Gently fry in covered pan
(cont. over)

Stir in flour & leave for a few minutes. Now add Soya-milk, then Stir in Vegetable Stock. Simmer for 20 minutes or so, and season with Salt, Pepper & nutmeg. Serve with wholemeal bread spread with Soya-cheese (see elsewhere for recipe)

LENTIL CURRY

$\frac{1}{2}$ lb red lentils
One onion, chopped
One clove garlic, crushed
Curry Powder
Tin of tomatoes

Boil lentils for 15 minutes or so until starting to soften. In a separate pan fry onions, garlic & curry powder. Add tomatoes. When lentils are soft add to rest of ingredients & cook for a further 15-20 minutes. Serve with fresh chopped tomatoes & cucumber. This is a basic curry mixture, and to it you can add many other vegetables, e.g. mushrooms, potatoes, chick peas, peas, carrots etc. A tin of baked beans goes well, too, and makes the curry go a lot further if you are cooking for several people. Serve with boiled brown rice, chappatis or whatever.

CURRY POWDER

For a curry powder which is generally more satisfying than the little plastic pots bought in the supermarket or where ever try mixing the following spices which can be bought in any Asian or 'East & West' type shop:- Equal parts of Jeera, Cumin, Garam Masala, turmeric to $\frac{1}{2}$ or a quarter part of chilli powder (chilli powder is very hot, so its worth experimenting to find how much suits your personal taste).

CHAPPATIS

8oz Wholemeal flour

Water

A little Salt

Add water to flour to make a stiff mixture. Roll out into flat shapes and grill until turning golden brown and bubbles are beginning to form. Suitable to go with curries.

RATTATOUILLE

One onion (chopped)
One clove garlic (crushed)
One tin of tomatoes
two courgettes (sliced)
One aubergine (sliced)
One red pepper (sliced)
 $\frac{1}{4}$ lb mushrooms (sliced)
two carrots (sliced)
two tsps paprika
a little salt



Fry onions, garlic & courgettes in oil for 3 or 4 minutes. Add tomatoes, then one by one add paprika + the other vegetables. Cook for 20-25 minutes until all ingredients are cooked but not overdone in the various vegetable juices.

PASTRY

Six oz wholemeal flour
two oz Soya flour
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{4}$ cup water

Combine wholemeal + Soya flour. Add equal parts water & oil and beat in until a stiff pastry is formed. If you are making pastry for a sweet dish, e.g. gooseberry tart, you may add a little raw cane sugar.

CELERY AND MUSHROOM PIE

Ingredients for pastry (as above)

One onion (chopped)

8oz cooked red kidney beans (boil for at least 10 minutes)

three sticks celery (chopped)

$\frac{1}{2}$ lb mushrooms (sliced)

One tin tomatoes

1 tsp yeast extract

Make pastry following method above. Fry onion lightly, then add tomatoes followed by other ingredients. Cook for a while longer. Line a pie dish with pastry, and pour in filling. Cover with pastry, and cook in gas mark 5 oven for 20 minutes or so. Serve with boiled potatoes, Spinach and gravy (made from potatoe stock).

ADUKI BEAN PASTIES

8 oz cooked aduki beans (Save water for stock)
One onion (chopped)
One clove garlic (crushed)
2 medium potatoes (Parboiled & chopped into small bits)
2 carrots (sliced)
8 oz fresh peas
1 tsp yeast extract
a little cayenne pepper
Pastry ingredients (as above)

Fry onion & garlic. Add stock from boiled aduki beans then add other ingredients - add a little cayenne to give a slightly hot flavour, but be careful not to over do it. Make pastry as before. Roll out flat and cut out circular shapes using a saucer as a guide. Dollop a little of the filling into the middle of each circle shape and fold over into pasty shapes. Cook at gas mark 5 for 15-20 minutes or so. Makes several pasties.

RED BEAN & CHICK PEA SALAD

8 oz cooked Kidney beans (boil for at least 10 mins) (cooled)
8 oz Chick Peas (cooked & cooled)
One can of Sweetcorn
One red Pepper (sliced)
 $\frac{1}{4}$ lb mushrooms (sliced)
 $\frac{1}{2}$ an onion (sliced)
two sticks Celery (sliced)
two tomatoes (sliced)
 $\frac{1}{2}$ a red cabbage (shredded)
 $\frac{1}{2}$ an apple (chopped)
A packet of Salted Peanuts
Mix all ingredients and serve cold, with Salad dressing (see below)



SALAD DRESSING

One cup of Vegetable oil
One cup of Cider Vinegar
 $\frac{1}{2}$ clove garlic (crushed)
Juice of one lemon
A little black Pepper
Some chopped Parsley

(cont.)

Place all ingredients in a clean jam-jar or something else with a light lid and shake vigorously. Pour dressing liberally over any salad.

LENTIL AND SWEETCORN BURGERS

8 oz lentils (cooked)

One onion (chopped)

½ can sweetcorn

Wholemeal flour

Oil for frying

Stir onions & sweetcorn into cooked lentils (plus a little flour if the mixture is too runny) when mixture is fairly firm make into burger shapes and dust with flour. Fry until golden-brownish. Serve with fried mushrooms and baked beans.

FRIED CABBAGE AND NUTS

Red cabbage (thinly sliced)

One onion (thinly sliced)

Peanuts (not roasted)

Salt & Pepper

Oil

Heat oil in a pan which can be closely covered. Place cabbage & onion & nuts in pan and cook gently for 10-15 minutes. Steam is released from vegetables so that they are part steamed and part fried. Season with Salt & Pepper.

SOYA CHEESE

4 oz Vegan margarine

4 oz Soya flour

A little yeast extract

A pinch of herbs (optional)

Heat margarine (Tomor if you want a hard cheese, Vitaquell or Granose for a soft 'cheese' spread). When runny, stir in Soya flour and yeast extract, and, if you feel like it, a sprinkling of herbs for a slightly different flavour. Leave to cool. This is a useful cheese substitute, and is very tasty on wholemeal bread, with salads, etc.

BUTTER BEAN SPREAD

16oz cooked butterbeans

3oz Vegan margarine

A little Salt & Pepper

A pinch of herbs

Mash all ingredients in a basin with a fork until well mixed. Goes very well with beetroot, fresh tomatoes, lettuce, etc. in sandwiches.

PEANUT BUTTER

16oz Peanuts

A little Salt (to taste)

Vegetable oil

Remove husks from peanuts by rubbing them. Roast until becoming a light brown colour. Do not over-roast or they will have a bitter taste (alternatively, try using already roasted and salted nuts). Chop finely. Mix oil with nuts (best done in an electric blender if you've got one) to form a spread. Best on wholemeal bread.

TOMATO SAUCE

$\frac{1}{2}$ an onion (chopped)

One small tin of tomato puree

$\frac{1}{2}$ cup of cider vinegar

$\frac{1}{2}$ clove garlic (crushed)

One teaspoon of yeast extract

One bay leaf.

Gently fry onion + garlic for a few minutes, then add tin of tomato puree. Stir in yeast extract and cider vinegar. Cook gently with the bay leaf for a while longer. This sauce goes well with nut roasts, etc.

RHUBARB CRUMBLE

2 lbs fresh rhubarb

7 tablespoons raw cane sugar (or to taste)

8oz wholemeal flour

8oz Porridge oats

(cont.)

Cook rhubarb with a very small amount of water + 2 or 3 spoonfulls of sugar. When rhubarb is soft, remove from heat and place in a large pyrex dish. To make crumble, rub vegetable fat or Vegan margerine into the flour, oats and 3 or 4 spoonfulls of sugar until mixture has a crumbly texture. Cover rhubarb with crumble, and cook at Gas 5 for 20 minutes or so. Serve with custard.

N.B. To make Vegan custard - make as with normal custard, but substitute Soya-milk for murdered calves milk.

RASPBERRY BUNS

8oz self-raising wholemeal flour

4oz raw cane sugar

4 tablespoons vegetable oil

4 tablespoons Soya-milk

8oz dried fruit (raisins, etc)

Raspberry Jam

A pinch of salt

½ cup of water



Mix flour, sugar and salt. Add oil, fruit, Soya milk. Mix with a fork until a moist cake is formed. Add a little water if necessary. Do not beat. Make into bun shapes and place on grease proof paper. Make an indentation on the top of each bun, and fill with jam. Cook at gas mark 4 for 30 minutes or so.

CIDER FRUIT SALAD

16oz dried fruit salad (apple rings, apricots, prunes, peaches, etc)

One and a half pints of medium sweet cider

Two teaspoons cinnamon

Sprinkle cinnamon onto dried fruit, and soak over night in cider. Eat the next day. Served with Soya desert.

N.B. Be careful when buying cider, as many brands may not be Vegan.... Apparently all Merrydown ciders are OK, and as far as I know so is Presto's own brand. However, I have been told that all Bulmers' ciders (eg. Woodpecker, Strongbow) are definitely NOT vegan.

APPENDIX A - As previously mentioned, it is better to use fresh allotment for @ £10.00 per year. Prepare the soil well around waste, free of weed seeds if possible. Organic, Vegan Comfrey leaves and nettles rotted down in rainwater.

SEEDS DIVISION, GIBRALTAR HOUSE, SHEPPERTON, MIDDX, TW17 8AQ +
HILLS (Thorsons Publishing)

	<u>SOW SEEDS, ETC</u>	<u>PLANT OUT</u>	<u>HARVEST</u>
CABBAGE	MARCH, MAY OR AUGUST	JUNE, JULY OCTOBER	JULY, JAN, MARCH
BROAD BEANS	FEB - MAY		OCTOBER
RUNNER BEANS	MAY - JUNE		JULY - OCT
BEETROOT	APRIL - JUNE		OCT - MAY
BROCCOLI	MARCH - MAY	JULY	NOV - MARCH
BRUSSEL SPROUTS	MARCH - APRIL	MAY - JUNE	NOV - MARCH
CARROT	APRIL		OCTOBER
LEEK	APRIL	JULY	NOV - MARCH
LETTUCE	MARCH - AUG		MAY - NOV
ONION	MARCH		SEPT
PEA	MARCH - JULY		JULY - NOV
POTATO	APRIL		APR - OCT
RADISH	MARCH - SEPT		APR - OCT
RHUBARB	PERMANENT BED		:
SPINACH	FEB - AUG		MAY - MARCI.
TOMATO	APRIL - MAY		AUG - OCT



Organically grown vegetables in all recipes. You can hire an Autumn with a compost of rotted leaves and other garden fertilisers are provided by Seaweed or a mixture of Organic Seeds can be obtained from:- CHASE ORGANICS, much more information from 'Organic Gardening' by Lawrence D

<u>DISTANCE BETWEEN ROWS (INCHES)</u>	<u>YIELD PER 10' ROW (LBS)</u>	<u>METHOD OF WINTER STORAGE</u>
24	15.0	PICKLED
20	5.0	DRIED
24	15.0	SALTED
8	9.0	IN PEAT
24	9.0	
24	5.0	
8	10.0	IN PEAT
12	7.5	
8	7.5	
8	8.5	HANG IN BUNCHES
24	6.5	DRIED
27	15.0	SACKS OR BOXES
9	1.5	
36	10.0	
9	5.0	
36	20.0	BOTTLE

APPENDIX B - A few addresses you may find useful:-

THE VEGAN SOCIETY - 33-35 George Street, Oxford OX1 2AY

MOVEMENT FOR COMPASSIONATE LIVING - 9, Moyle Terrace, Hobson, Europefield, Co. Durham

NATURE CURE (Health without drugs) - Publications Dept, Kingsway Clinic, Edinburgh EH11 5UQ

TRAIDCRAFT (non-exploitative 3rd World Profile - tea, coffee, etc) -

Iandra House, Carrick Square, Newcastle Upon Tyne, NE1 6TY

ANIMAL LIBERATION FRONT - BM 1160, London WC1N 3XX

SUPPORT ANIMAL RIGHTS PRISONERS - BM Box 5911, London WC1N 3XX

THE VEGAN SHOPPERS GUIDE - P.O. Box 3, Charlbury, Oxford OX7 6DV

GREENPEACE (LONDON) - 6 Endsleigh Street, London WC1

PEACE NEWS - 8 Elm Ave, Nottingham

CLASS WAR - Box CW, 84a Whitechapel High St, London E1 7AX

SKY & TREES (for excluse pamphlet 'Dirty Fingers in Dirty Pies'
Send 25p + SAE) - Box 4.

THE VEGAN SHOP - 1 Orrin Close, Tilehurst, Reading

GREEN ANARCHIST - 14 Magdalen Road, Oxford, OX4 1RP

Special thanks to - Dan & Gary Lee for articles, Paul (Polly)
For the title, Seema & Chris 'we'll send Class War round' Baillie for
finally getting me to take the step....

Hello to everyone whose proving its possible, including: Lord &
Lady Lairy ("Pass the Tenants Super Brie..."), Sheila & Gary, James,
Mark, Debby & Chlee, Slug, Gail, Wayne, Danny, Tone, George, Geoff, Richard,
Dinnerplate, Brendan, Ros, Jerry, Amelia, Simon from Huddersfield, Denise &
Sundra, Gary Woffle, Elaine & Anne, Mol, Dave with Antisept hair, Wil,
Lou, Boffo, Daz & Anne, Dave, John, Neal, Paul, Hippy & All the rest
from Luton, Jo & Leon, Chris Tucker, Mark from Halstead, Rich X (Peace
News), Pete, Ted from Bath, Nig, Emma & everyone else whose
slipped my memory for the moment...!
Hello Becky, even though you're not a
vegan (yet!) + hello & thanks to all my
other friends.....

FURTHER COPIES + OTHER COMMUNICATION

FROM - GRAHAM;

WESTCLIFF ON SEA, ESSEX,



(SAE PLEASE!)