The Movement for Compassionate Living
～ THE VEGAN WAY ～

New Leaves

No. 120 March - April - May - June 2017

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It is in the shelter of each other that the people live.

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NEW LEAVES

is the journal of the Movement for Compassionate Living (MCL).

MCL promotes:

- a way of life that is free of the exploitation and slaughter of sentient beings, that is possible for all the world's people and that is sustainable within the resources of the planet.

- lifestyles that depend as much as possible on locally produced goods, thus avoiding the resource wastage and pollution of unnecessary transport and packaging.

- Vegan-organic methods of horticulture and agriculture that use no animals or animal by-products and are free from artificial fertilisers, pesticides and herbicides.

- the planting of trees, especially on the land freed from livestock farming.

Trees absorb CO$_2$ and store the carbon as wood, thus checking global warming; ruminant livestock (cattle, sheep, goats) emit methane, a far more powerful greenhouse gas than CO$_2$.

Mature trees of appropriate species produce maximum food per acre.

Wood from trees can be used for many constructive and productive purposes.

Woodland industries can provide livestock farmers with alternative sustainable incomes.

Global warming and nuclear war threaten the survival of all life. Politicians may have the sense to avoid nuclear war but they cannot stop global warming unless people change their lifestyles.

Our herbivorous ancestors turned predators aeons ago when the forests dried up and they lost their food supply. The forests grew again but humans remained victims of their killing habits. Now vegans have proved that we do not need to kill animals for food. Land should go back to the trees.

New Leaves is produced and distributed in March, July and November.
The Editors do not necessarily agree with articles published.
**ANNUAL GENERAL MEETING**

Saturday 20th May 2017

To be held in Muswell Hill area of North London

Contact Gemma, our host, or Irene-Sointu for further information and to let them know you are coming.

Gemma’s telephone number 078 06 87 05 05.

Irene-Sointu’s contact information on page 21 of New Leaves.

Lunch 12.00 – 13.00 provided by Gemma.

AGM 13.00 – 17.00

Any messages, comments or additions to the agenda to Irene-Sointu by 17th May.

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**THE GOOD, THE BAD AND ... THE GREAT NEWS**

The good news is that Gemma has offered again this year to host our AGM (see information above). And what’s more she has offered generously to provide lunch for us. Note that Gemma wants to know how many are coming.

Now for the bad news (hopefully not too bad): It seems that for the foreseeable future, if you want me to continue doing what I am doing, you have to accept some limitations in my ability to perform those duties. The last year or so has been very bad for me in various ways, which has meant that my performance of the various tasks I do for MCL has not been up to scratch. One thing you may have noticed is that the last few issues of New Leaves have arrived later than they were supposed to. This present issue is going to be late too. This time an added problem was my computer - I had to spend a whole day last week (of the three days I have at home) to sort it out. This meant that I was able to include some late arriving articles, which spared me the need to spend time trying to fill the pages. Good thing too as there were other problems today – a possible indication that a new computer is needed. Hopefully there will be no more of them and I can get New Leaves ready for the printers within the next day or so.

For future issues it would be very helpful to receive articles by the date they are supposed to be received. That date is always given on the same page (p.21) as the MCL addresses are given.

The time constraint started before last November’s issue. I have only three days at home every week, and in those three days I have to attend to my everyday matters...
here. And I am not very good at immediately getting down to all the things I need to
do on getting home - I need a little time to settle back into my home life. I do not
know when this is going to change. I have found it slow going adjusting to all the
changes in my life. The limitations on my time are going to continue for possibly a
year or so more, until my younger grandson starts school.

It has been brought to my attention that members who paid the subscription or
membership fees by bank transfer to our old account missed the information in New
Leaves when we changed the account from Nationwide to Unity Bank. Apparently
Nationwide just sends the payment back without any explanation, not even
mentioning that it is the payment coming back which makes it appear as if MCL is
paying something to the people in question. Here are our present bank details:

Unity Trust Bank
Account Number: 20267001, Sort Code: 60 83 01
Account Name: The Movement for Compassionate Living

Now, let’s end with some great news: I have been cheered lately by reading many
articles about veganism. One today is about a dairy company ditching dairy to
produce only vegan milks: http://www.riseofthevegan.com/blog/dairy-company-
It also appears that they are better than other plant milks because more nuts are used
per serving and there are no added "emulsifiers, thickeners, whiteners or
frankenfood proteins". I particularly like the name of the website, riseofthevegan,
which is so apt for this moment in time.

Here are a couple more articles – the web addresses say it all:
http://www.standard.co.uk/lifestyle/london-life/happiest-man-in-the-world-says-
veganism-is-the-key-to-happiness-a3495626.html
http://www.huffingtonpost.com/entry/evolved-to-eat-meat-maybe-
not_us_58bc7e4be4b02eac8876d020
https://tinyurl.com/HarryPotterVeganRecipes
The full title of the next article is Stop Fighting Veganism, It Has Already Won
https://tinyurl.com/stopfightingveganism
And finally the writer of the next one declares at the end that their experiment
for health reasons had been easy so far.
https://www.theguardian.com/lifeandstyle/2017/mar/20/vegan-experiment-health-
diet-ready-meals

All hail the rise of the vegan! Hope to see some of you at the AGM.

Irene-Sointu
NEWS FROM THE VEGAN ORGANIC NETWORK

VON and The Vegan Society are providing advice to a 170 acre farm in Derbyshire - on transitioning from beef farming to stockfree organic growing of fruit and vegetables. Iain Tolhurst of Tolhurst Organic, consultant and horticultural adviser, has been commissioned to produce an assessment and comprehensive report on how this can be achieved.

David Graham, chair of VON, says it is planned that the transition will be well documented throughout the process and serve as a model for other farms, demonstrating that moving from animal farming to fruit and vegetable growing is not only possible but ethical, economically viable, and healthier both physically and psychologically.

The farm has 100 cattle that were destined for the slaughterhouse. VON has submitted a draft plan outlining how these animals can be saved from this fate. This would entail that while retaining land for fruit and vegetables, sufficient to make a fair living, pasture would be reserved for most of the animals. Animal sanctuaries would be asked if they would re-home those that could not be retained at the farm. There is much work to be done.

New Courses
Cornwall College are looking at partnering with Chyan Farm and Cultural Centre in Penryn to provide a B-Tec stockfree organic farming course, and VON is supporting this initiative. Chyan Farm has been vegan organic for a number of years and is in the process of being certified by VON.

Shumei Natural Agriculture in Wiltshire will be running a series of one and three day courses sponsored by VON, from April 2017 through to October. Course dates are 15th April, 29th July and 2nd September for the one day courses, and 18th-20th August and 13th-15th October for the three days courses.

The one day events consist of three sessions in spring, summer and autumn. They are aimed at farmers/growers and students who wish to try growing food naturally without applying any chemicals, fertilisers and animal manures. The one day sessions will look at the importance of soil, role of composts, and the basic idea of seed savings. The course consists of lecture/presentation, farm tour and fieldwork. The three day intensive programme is for those who wish a more thorough introduction to the ideas of Shumei Natural Agriculture.
Shumei are currently certified by the Soil Association and will be inspected and certified as vegan organic. Their ideology is similar to VON’s but described as more spiritual and, although their growing methods are different, they still comply with stockfree standards. See www.shumei.eu/yatesbury.

All 15 places for the vegan organic course in April led by Jenny Hall at Fir Tree Farm have been filled. The yurt that will accommodate the discussions, and much of the land that will be used to demonstrate how vegan organic crops can be grown, is thanks to VON and MCL and their generous supporters.

Magazine
The current issue of VON’s magazine Growing Green International (Winter/Spring 2017) includes a feature marking the 40th anniversary of Tolhurst Organic, plus John Curtis’s review of Iain Tolhurst’s new book Back To Earth (you can read the review on the Tolhurst website at www.tolhurstorganic.co.uk/back-to-earth).

Other articles include Meg Daly on ‘Integrating animal rescue with vegan organics’ (at FRIEND Farmed Animal Rescue in Kent), Graham Burnett on the debate around whether or not to use humanure in vegan organic growing systems, and Justin Nigh’s vegan organic garden on Australia’s Sunshine Coast: “We are already producing bananas, mangos, and perennial and annual vegetables. All without the use of any animal inputs besides that offered by the birds, possums, bats, and other wildlife that frequent our young, thriving garden.”

VON details are on our back page

PLANTS FOR A FUTURE REPORT

Shed
We are still struggling to obtain more money to complete it, and I am working with a grant application this year. I am still hoping that the work will be completed this year, and with the resulting improved facilities of:-
- a classroom to enable various courses to take place;
- a lean-to to store tools and machinery;
- an office area
- an area to store produce from the land;
- a restroom and cooking area for people working on the land;
- decent compost toilets and showers.
It will then become easier to have events at the land. Ideally also, when money permits, we would like to install solar panels and a wind generator to generate our own electricity. Watch this space!

**Events at the Land - Tours and Volunteers**
A number of interesting volunteers from different countries came along last year. People who make the effort to come and help are usually very sincere and nice people. Much work gets done and, alongside that, many interesting conversations are had. Volunteers themselves often have interesting knowledge or stories to share. Volunteers are always given a comprehensive tour of the land, with much plant information. There are also opportunities for swimming in the local creek or sea, going for walks, yoga, or just sitting and enjoying the peace of the land!

Volunteers came from such varied countries as the Netherlands, Germany, Italy, Peru, Slovakia, Czech Republic and England.

The work we did included pruning, weeding, clearing around trees and shrubs, mulching, propagating, planting, moving compost, picking fruit, storing apples, juicing apples, and helping with our website!

(I am worried about 'Brexit', as it will make it harder for the overseas volunteers to come!)

In addition, an ethnobotanist who used to work at the Eden Project brought a group of students to see the land, have a tour and learn about the plants. He usually brings a group of students each year.

Other people also come for tours of the land and to learn about the plants. I ask that people give something in return for the tour – either some of their time and energy in the form of help on the land, or a financial contribution to help to keep the place going.

I am still intending to complete the monthly walks, but that depends on help with the computer side of things, which is sometimes hard to come by!

I am still looking for one or more people who might want to be involved with the land on a longer term basis. Once the facilities are finished (fingers crossed!), I am also looking for people to help run courses – in particular a good vegan cook who would be able to integrate foods from the land into the food preparation, especially salads and greens; plus a good permaculture teacher or other plant person.
My health is not as good as it used to be, and I have an ongoing heart condition which has slowed me down quite a bit. However, I keep going, doing what I can, while I can!

Ken Fern
https://www.facebook.com/plantsforafuture/
http://www.pfaf.org/user/AboutUs.aspx

LANCASHIRE FOREST GARDENERS

As I have been out of action the forest garden has been developed over the winter months by a fantastic bunch of volunteers led by Matt Towers and William Gilmour. Replacement trees have been planted and new ones too. We have all become scything addicts and do a 20 minute stint every time we are at the farm.

The soft fruit has established incredibly well. I just cannot believe how big the blackcurrants (over 20 varieties) and jostaberries have grown. Also the windbreaks with over 20 species of elaeagnus are doing incredibly well. I admit to having a favourite tree, the almond, which has established beautifully and has the most delicate flowers that are just starting to bloom in a wintery March in the north west.

We have begun our education programme in partnership with the Vegan Organic Network and the Kindling Trust, and hope to establish lots of new connections in 2017 with new learners as they experience growing food the vegan way.

Jenny Hall
Volunteer coordinator and director

Fir Tree Community Growers, St Helens, Merseyside
- organic vegetable growers, mental health recovery and food growing training.

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Phone: 07419373181 (new)
INTRODUCING THE NATURALLY VEGAN PLOT
3.5 acres nestled in the Tamar Valley, near Callington in Cornwall

We were lucky to take on the land in November 2015 after sadly having to leave our beautiful four year old woodland garden in North Cornwall due to local area development. So we dug up the garden and had to find a new home for everything. There are two of us on the team full time, Elaine and Jim, and at present a small number of occasional, part time, temporary, visiting volunteers.

Our aims are to promote locally grown food, using vegan organic principles which work with, emulate and enhance nature, producing edible and otherwise useful crops. And to provide education and demonstration gardens incorporating a predominantly perennial forest garden with integrated annuals, a market garden and a plant nursery which combined will supply plants and produce, whilst offering a diversity of opportunities for involvement through courses, taste tours, open days, field trips, volunteer events, etc.

In our first year we have had the pleasure of some success with harvests of white currants, gooseberries, garlic, onions, French / green beans, perennial and annual alliums, strawberries, raspberries, potatoes, cucumbers, tomatoes, courgettes, herbs, kale, chard, spinach, oca, yacons, Jerusalem artichokes, and a variety of edible perennial leaves, fruits and flowers. The highlights have been working in such a beautiful place, harvesting crops and supplying produce to satisfied customers, realising the large demand for produce, hosting a couple of courses with vegan permaculture teachers Graham Burnett and Aranya, and some field trips to Plants For A Future and The Agroforestry Research Trust.

Our greatest hurdles this year have been from the winds and lack of shelter/windbreaks, deliveries of plugs and fruit bushes with existing viruses, caterpillars on the perennial cabbages, and a lack of infrastructure for courses, whilst lack of planning permission also caused hold ups with undercover propagating and growing areas. There have been a few challenges and hold ups with vehicle breakdowns, and insufficient time and finances to make repairs which has restricted our ability to get people to and from The Plot. We also had a succession of broken tools and equipment. Our marquee was destroyed by the wind and our 20x10 ft plastic covered greenhouse is very the worse for wear following recent gales.

Long term plans are to be a productive part of a more sustainable community, growing and sourcing local food and other commodities, utilising methods and principles which cause the least possible harm. Meantime in the year ahead we aim
to concentrate on getting far more of the perennials planted, establishing crucial windbreaks and shelterbelts, and erecting polytunnel/s.

We are very behind with propagating crops for this year, although we have managed to plant about 9 kg of garlic and a few kg of onions. There is still so much to do in the way of fencing, ironically to protect areas from the wildlife that we do this for. There are a number of trees and hedges and bushes and ground cover plants awaiting planting, having been through their second winter in the fenced nursery area we cobbled together when we first took on The Plot ... and yet the planting season is pretty much over. We have broad beans in pots that we are in the process of planting out, and a pond to dig for the hundreds of tadpoles from our tiny pond in the back garden of the house we rent in Plymouth.

On a positive note we have a visiting volunteer this week staying with a friend locally, the small wooden greenhouse is packed with tomatoes, Jerusalem artichokes, peas, ocas, daikon radishes, and a few other bits. We have organised various vegan outreach and awareness raising events in Plymouth, including three successful Vegan Fairs and three All Day Vegan Elevensies (a pop up drop in social, networking, vegan outreach, mini market type thing) ... a means of promoting The Plot and selling produce whilst helping other local vegan businesses ...

* supplying vegan organic produce and opportunities to discuss plans and progress and get involved with The Naturally Vegan Plot ...
* offering an array of food suitable for vegans, including cakes and pasties, hot drinks, mulled apple juice and GF options all available on a donations basis
* vegan information stalls
* arts and crafts and bric-a-brac
* local vegan musicians

The 4th All Day Vegan Elevensies will take place on the 25th of March, followed by monthly events which are booked through to December 16th.

On the 27th May we will host a Celebration Of Animal Aid Spring Fair in Plymouth as a part of the Vegan Festival of Britain (VFoB 20th May - 10th June), 40th year anniversary of Animal Aid. (www.veganfestivalofbritain.org.uk)

The Naturally Vegan Plot were also directly approached by Animal Aid and asked to host an event in conjunction with the VFoB, specifically focusing on vegan organics which they recognise as "an area of veganism that I think is very important and much neglected". Therefore we have also booked the Tamar Valley Centre, situated in the rolling hills near to The Plot in a little town called Gunnislake, for the 3rd of June for a presentation introducing The Naturally Vegan Plot and discussing veganic
land management. We will be providing information about existing vegan (vegan organic) projects, sharing recommended research and reading etc, followed by vegan lunch and a tour of The Plot for those inclined.

It is exciting for us to have been asked by Animal Aid to present an open public meeting locally, and it is good to know that our commitment is appreciated.

Much respect and great fondness goes to vegan pioneers, dear friends and teachers Ken Fern and Kathleen Jannaway - with huge thanks for their inspiration. We are now looking forward to evolving with the vegan growing community, working alongside VON, Ken and Addy Fern, and Chyan Forest Garden (to name a few), to develop vegan organic connections here in the West Country and beyond.

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THE GREAT, UNRESOLVED, AND ALL-UNDERLYING LAND QUESTION!
A Fundamental Statement upon it.

In the hopeless mess – economic, social and political – that Gaia’s miscreant brood today finds itself engulfed in, one can only see Gaia herself as able to rescue us – by giving us a shaking so severe, Planet-wide, as will bring us back to starting all over again, at the beginning once more.

Fortunately, by starting at the beginning, one finds that all is simplified and made good. What is meant by starting at the beginning? - That we emerge into a state which only awaits our resumption, a state summarized in an old Irish-Celtic wisdom saying:-

“It is in the shelter of each other that the people live” -

- (and not of the State!)

* Having been most wonderfully led, through 65 years of adult life, firstly to the great socio-economic work, Progress and Poverty, by Henry George, and thence to its follow-up of political focus, Our Enemy the State by A. J. Nock (who discovered
Henry George in his student days) – I can now set down my own legacy on this matter, born of decades-long reflection upon it, including the production of three books.

For – (now published in the spring 2016 issue of New Leaves) – my latest article, Confusions Concerning Money and Land, the All-underlying points up society’s trump-card as being the workings of a great – (though kept well-suppressed and never mentioned) natural law. Known, (by those who know it), as the Law of (Land) Rent – it is the ignoring by society of this great natural law which lies at the heart of today’s entire socio-economic mess.

The trumping nature of this card results from its twin achievements: the assessing, collecting and disbursing, by the local communities themselves, of the entire revenues from the rental values of their land – (which by their presence and activities they have created); with parallel, the elimination of any possibility of, or need for, tax-moneys for financing a political element. And just as well – as Nock’s Our Enemy the State makes plain! For that political element is none other than the original ‘landed interest’, sporting its latest ‘hat’!

The Georgist movement today has, in general, sadly lost its way, by looking to an unnatural and usurpative political element to bring forward a natural law. [See footnote 1 at end.]

* 

To ‘start at the beginning’ brings us, of course, face to face also with the elemental words of Thomas Paine, (famous for his Rights of Man - but when do we ever hear this one? - !):-

“I never heard that the Creator opened an estate-office to issue title-deeds to land” - reiterated, in his no less remarkable statement, by William Blackstone, (famous 18th century commentator on law):-

“There is no foundation in nature, or in natural law, why a set of words upon parchment should convey the dominion of land” - and this cry from the heart, by 19th century Edward Carpenter:-

“A robber band has seized the land / And we are exiles here.”

All the socio-economic-political torments and troubles we suffer today arise from our pitiful infantilism – in our fabrication of so-called land-entitlement deeds – and our blind subservience to the holders of them!

As to today’s ‘austerities’, and ‘poverty’ with its ever-increasing gap between rich-and-poor: see Stolen Land – Stolen Lives, Part I, ch 5: Hidden Gold: Our Abundant
Natural Social Fund does away with all such absurdities! [See Footnote 2 at end.]

Not surprisingly, we may note that the same (natural) Law of Rent ensures secure possession of the essential home-base of land for each, via payment simply of its annual community-created rental value to the community purse – with land at the margin (ie. having no rental value) offering itself to those content to live at the simplest level – (poets, artists, philosophers?). In such a society, mortgages – from an invented capital value of land – have no place.

*   

Finally: to enrich the above economic, social and political dimensions of society, let us add a touch of the philosophical! I quote from the words of early USA president, Thomas Jefferson, my own two favourites:-

“I see no safe repository for the ultimate power of society but the people themselves.”

(Quoted from memory, but the meaning is exact.)

The idea that one man, or one body of men, can rightly oversee the affairs of a nation is “the acme of absurdity” - !

*   

“It is in the shelter of each other that the people live.”

*

Footnotes:
1. As contrasted: an excellent initiative has recently been taken in Scotland, in the setting up by Johnny Marten, of a Scottish Farm Land Trust (SFLT). See http://www.scottishfarmlandtrust.org/home
   Contact Johnny Marten at meerkatcampaigner@gmail.com
   This is one of a new type of Land Trusts today, driven by the landless, and is linked with the Europe-wide movement - “Reclaim the Fields.”
2. My article in New Leaves usefully tracks, at its close, how it was that I came to see the intrinsic power of the local to do away with centralized power.

Shirley-Anne Hardy
NEW HOUSE, NEW GARDEN, NEW LIFE

We finally moved on 31st January, to a detached house with a small south-facing back garden consisting of a lawn surrounded by a border containing bulbs, flowering shrubs, roses and a couple of trees, but mostly bare soil.

We ordered 13 columnar fruit trees (two pear, two plum, one damson and eight apple - all different varieties), to be delivered in late March, which eventually will be some compensation for the 29 we left behind. There’s already a pear and the neighbours say the other tree is a plum, though the previous owners just left the fruit to rot. We shan’t - even fairly sour varieties of fruit can be used in smoothies!

The transformation started on the first Sunday in March with the discovery that the strip of garden separating our front drive from that of the neighbours is ours, as a result of which I told the neighbours we hated the conifers. Luckily they’d always hated them and were pleased to have the opportunity to use their chain saw. In addition the next neighbours along were pleased to have more fuel for their wood-burning stove. Unfortunately the only way to get the stumps out is to pay someone. I plan to transplant the rose bushes from the back and hope they will take.

On the same day we started to widen the border at the back and made the pleasant discovery that both the lawn grass and the dandelions are very shallow-rooted, with nary a blade nor root of couch grass to be seen, so once the fruit trees are planted we’ll start to make raised beds.

Longer-term plans include replacing the shed with a greenhouse and building a small shed at the side just for storing tools and muddy wellies.

Patricia Tricker
THE HOMEMADE VEGAN
Recipes and recollections from the 1970s and early 1980s

Joanne O’Connell’s engaging book, *The Homemade Vegan*, recalls an era when veganism began to make important strides. It was also of course the era when MCL’s influential founder, Kathleen Jannaway, was at the helm of the UK Vegan Society.

It’s primarily a book of recipes from that period - most of them still perfectly relevant today. Some are from old Vegan Society or MCL publications and, although the emphasis is on veganism in the UK, there are also contributions from Gentle World (a vegan community in Hawaii and New Zealand), the American Vegan Society, and The Farm (a large communal experiment in Tennessee).

But it’s much more than just a recipe book, as around a quarter of the 200 plus pages are given over to the historical context. For example: how vegans coped with shopping, experimented with milk and cheese substitutes, and sampled TVP and meat replacements. Plus the debate about whether honey was acceptable or not (it was often left to individual conscience). And of course the health considerations. Also children - what to feed them, and the tricky problem of fitting in at school and integrating with non vegan children. And how vegans in pre-internet days were often isolated, but were still able to find vegan friends and contacts.

I turned vegetarian during my student days, at the tail end of 1969. It took me almost three further years to go vegan, not least because veganism in those days was very marginal and usually only mentioned in asides in the Vegetarian Society’s free newspaper. Indeed, when my mother wrote to the Vegetarian Society for advice on how to feed her son, they reassured her that I would be fine but recommended that I was given plenty of dairy produce!

When I finally sent off to the Vegan Society for literature, the logic of veganism struck me very quickly. So the seventies was my era too, the time when my ideas evolved and I began to get together with other vegans, notably friends who started the Vegan Café in London and also *Vegan Views* magazine - both of which feature in Joanne’s book. So too does the BBC Open Door film on veganism, which I well remember watching on TV in 1976. Any mention of veganism in the mainstream
media was so very rare in those days. (And, by the way, you can see that Open Door film on YouTube.)

Joanne: “Back in the 1970s and 1980s eating a plant-only diet was seen as a far more radical and counter-culture choice than it is today.” Now though, “the early vegans seem less like cranks and more like visionaries”.

We are still a small minority (just over 1% of the UK population according to a recent survey). But nowhere near as tiny a minority as we once were! And growing because much of the recent spurt in numbers comes from the young, which means further growth is very likely. When I went into WH Smith the other day I was astonished to find no less than three different vegan magazines on sale.

Joanne: “Why go back? At first glance, recipes of this time look quirky and eccentric. Onion goulash, curry pie, soya crispies, stuffed marrow, blackberry and sesame seed mousse, pineapple pom poms. However, it’s not all seventies socks-and-sandals (no need to tuck into heavy wholemeal pies if they’re not your thing). This collection is full of tasty recipes and it’s about relaxed mealtimes with simple, healthy, homemade fare.”

Malcolm Horne


Here are a few recipes from Joanne’s book …

LENTIL & SEAWEED RISSOLES (Elaine Garrett)

4 oz (110g) split red lentils
1 tablespoon any dried seaweed
1 onion finely chopped
1 clove garlic, crushed
2 oz (50g) whole wheat bread crumbs
2 oz (50g) fine oatmeal
1 teaspoon yeast extract
1 tablespoon lemon juice
vegetable oil for frying

Cook the lentils, seaweed, onion and garlic in water until lentils are soft and thickening and most of the cooking liquid is absorbed. Stir in the lemon juice and
yeast extract. Mix in the oatmeal and breadcrumbs, then leave the mixture to stand for at least an hour. Shape into rissoles and fry until golden brown on both sides - 5 to 10 minutes. This quantity should make about ten rissoles.

**HOUMOUS** (Joanne O'Connell)

1 tin (400g) chick peas or equivalent dried chick peas (soaked and cooked)  
2 or 3 tablespoons Tahini  
small clove of garlic, peeled  
juice of 1/2 lemon (more to taste)  
sea salt and freshly ground black pepper  
paprika, flaky salt and olive oil to serve

Blend all the ingredients (apart from the olive oil and paprika) until smooth, adding the water from the tin of chick peas until it's the right consistency. Serve with the oil drizzled on top and a shake of paprika and salt.

Joanne: "Now that houmous is so popular and widely available in Britain, it's easy to forget that it wasn't always the case. I still laugh when I think about how I made it in Home Economics, at school. I had to take in my own recipes - my teacher couldn't understand why I wouldn't buckle down and make liver paté like everyone else - and back then, no one in my class had heard of houmous. Everyone looked horrified when I produced the chick peas and tahini."

**SAVOURY POTATO DROP CAKES**  
(Kathleen Jannaway from *First Hand First Rate*, 1974)

12 oz (350g) of mashed potato  
2-3 oz water  
2 oz (50g) soya flour and 2 oz (50g) grated nuts  
1 oz (25g) oil plus extra for frying  
2 teaspoons Tastex  
herbs to taste  
1 oz (25g) fine oatmeal

Mix the potatoes with the water and stir in the other ingredients. Beat until smooth. Cover the pan with a thin layer of oil and when it is smoking hot, drop in dessert spoonfuls of the mixture. Flatten lightly as they set. Turn down the heat to halfway and cook until brown and crisp on each side. Serve with beans and salad or cooked vegetables.
A VEGAN ‘CHEESE’ (Joan Batty from The Vegan, 1981)

2 oz (50g) hard fat, melted
4 oz (110g) maize flour
2 tablespoons cider vinegar
1 tablespoon mustard
1 teaspoon herb salt
pinch cayenne and black pepper

Stir the flour into the melted, hot fat. Remove the pan from heat. In a separate bowl, mix the other ingredients. Blend and beat into the contents of the pan.

Also included is Kathleen Jannaway’s very simple Bean ‘Cheese’ - Mash some well-cooked beans, add oil, Tastex and flavouring to taste. Press into dish. Leave to set. Will not keep.

THE ANIMALS’ VEGAN MANIFESTO
by Sue Coe

This little book is a story in pictures – in 115 black and white woodcut illustrations of animal suffering of all kinds at the hands of us human animals. As one of the illustrations shows, the humans are the only ones that matter. Their mouths wide open and fists and hands up in the air, the humans declare: this is HUMANS ONLY PARTY! The book would be too unbearably gruesome if it only showed the suffering. It ends with pictures of a happier future for all of us: a vegan future. For me the most meaningful picture - one of the last three - is of a human person stepping out of a cage with a group of various animals watching from the outside of the cage, welcoming this liberation of their fellow creature, a human animal, who has been imprisoned for so long in the violence of their ways. The contrast in the faces of humans in the first picture and the faces of animals in this one is striking. On the next page a cock crows Go Vegan!
This 118 page book can be bought from
www.orbooks.com/catalog/animals-vegan-manifesto-sue-coe

Sue Coe is one of the artists whose work is in the animal rights exhibition *Behind Closed Doors* in the Strand Gallery, London from 26th May to 29th May. The tickets cost £5. (https://www.behindcloseddoors.space)

*Irene-Sointu*

THAT'S WHY WE DON'T EAT ANIMALS
A Book About Vegans, Vegetarians, and All Living Things
Written and illustrated by Ruby Roth

Ruby Roth has managed to eloquently explain the many faceted answer to the question so many vegans and vegetarians get asked so frequently, in an easy to understand and compassionate way. And she's done it in a way that the most impressionable minds can understand. She starts with reminding them of how we feel about pets, something every child with an animal in the family can relate to. She then, step by step, familiarises us with each animal used in the meat industry in a simple and relatable way, using family comforts and playing - things we all enjoy, and showing children how animals enjoy the same comforts that they do. The most impressive thing in this book I think is the description and illustration showing how these animals are treated in the meat industry, not focusing on the horrors of what is done to them, which many may feel is too upsetting for youngsters, but on the way the animals are then prevented from doing these lovely things they and the children reading enjoy. I think the illustrations are really powerful here, again in just highlighting the sadness of this without graphic slaughterhouse imagery. Then she even ties it all together in the way our treatment of animals impacts the world, with an overall message of striving for peace. It's simple, relatable and moving. I think it's a wonderful tool to be used in helping children understand the compassionate way of vegetarianism and veganism. I'll certainly be reading it to my family.

*Mika Ireste*
MY FIRST EXPERIENCE OF VEGAN CAMP

Way back in the mists of history (OK, about 14 years ago) I went to my first Vegan Camp. I'd heard of it from a vegan friend and he assured me it was well worth going.

At the time the dates overlapped with The Big Green Gathering, which I'd already planned to attend, so I knew there might be a problem getting from one to the other. (I don't have my own transport and the BGG was near Warminster, while Vegan Camp was in Norfolk.)

The day before the end of the BGG I wandered round and round asking people for a lift in the general direction of Norfolk. I finally struck lucky and the following day, tent and all my gear packed up, I got into a car with three men I'd never met before and knew nothing about. Dire warnings from my mother long ago, about never getting in a car with a strange man, kept popping up in my head, but I ignored them. (Though I could imagine what my daughters would say when they knew!)

The men (who turned out to be very pleasant) took me as far as Cambridge and left me at the station there at about midnight. How he managed it, I'll never know, but my vegan friend drove all the way from Snettisham, Norfolk, to Cambridge to pick me up, and drove me all the way back to Snettisham, managing to stay awake all (or at least most of) the time!

We arrived in the early hours of the morning, far too late to put up my tent as we were both at least half asleep by then. Fortunately another camper had gone away for the night and had said I could use her tent. Hardly capable of saying 'Thank you' and 'Good night' to my friend, I crashed in the tent and was flat out for the next six hours. When I say 'flat out', I mean it, as I had to sleep on a blanket on the hard ground.

I woke to the sounds of people chatting near the tent, and was soon introduced to them. From that moment on, I felt as if the campers were family. The atmosphere was so warm and people were so kind, helping me put up my own tent and making sure I had food for breakfast.

That was how it started and that's how it went on - everyone was so laid back, helpful and friendly. They looked out for each other's children, shared food and offered lifts on outings. These were optional, though most campers went on them.
But staying around the campsite, chatting with other stay-at- (I nearly said 'at-home-ers') - site-ers was equally OK.

Outings were to places of interest, for example Norwich, to the beach, an animal sanctuary, lavender fields, veggie restaurants (vegan food arranged). Onsite there were communal meals, games of rounders, a talent night when people did little plays, sang, recited poetry, gave an exhibition of jiving... There was also a camp fire, with everyone singing round it. There was never any pressure to join any of the activities, but most people did because they were such fun.

There was a shop on the main part of the campsite selling 'basics' (ie, basics mainly for meat-eaters) but more suitable food was bought by volunteers and brought back to camp - lots of veg and fruit, of course, bread, vegan pies, sausages... in fact enough to keep us all well-fed for the whole holiday. I shall always remember Dan, the organiser, at intervals bawling out 'Shop open!!!!!' and everyone gathering round to see what was available.

I made many friends there and, although because of ill-health I haven't been to Camp for several years, I count many of them still as my friends.

When I returned home I felt really strange - being back in the 'real world' seemed like a sort of culture shock. Vegan Camp, with all its kindness seemed to me to be how the world should be - everyone looking out for and helping each other - not the sort of hard, often cruel world depicted in the media. Why can't everywhere be like Vegan Camp!?!?

This summer the Vegan Camp is not far from my home in Wales and I'm hoping to be well enough to go, to renew friendships, be in a caring, vegan environment - and to have fun! I'd recommend it to everyone!

Christina Palfrey
GLEANINGS (extracts from fuller articles)
Pity the poor hounds! Bovine TB, foxhounds and the biosecurity black hole
The 25 TB-infected hounds of the Kibblewhite hunt, all put down, remind us that the lot of hunting dogs is not a happy one, writes Lesley Docksey.
The first question was, of course, how did the hounds get the TB?
The most obvious answer is that they are the victims of the cosy arrangement between farmers and their local hunts whereby the hunts remove any 'fallen cattle' carcasses which are then fed, raw, to the hounds.
The hunts do this as a service to those farmers whose land they hunt on. The fact that they happily invade any other farmland without permission is ignored. They have done this for many years and neither side seemed to worry about fallen cattle carrying a notifiable and infectious disease.

Lesley Docksey, 15th March 2017
http://www.theecologist.org/campaigning/2988760/pity_the_poor_hounds_bovine_t
b_foxhounds_and_the_biosecurity_black_hole.html

Record-breaking climate change pushes world into ‘uncharted territory’
Earth is a planet in upheaval, say scientists, as the World Meteorological Organisation publishes analysis of recent heat highs and ice lows.
The WMO’s assessment of the climate in 2016, published on Tuesday, reports unprecedented heat across the globe, exceptionally low ice at both poles and surging sea-level rise.

Damian Carrington, 21st March 2017
https://www.theguardian.com/environment/2017/mar/21/record-breaking-climate-
change-world-uncharted-territory

Stepping on their paws: study explores recreation’s unfun impacts on wildlife
Research shows tourists can have a large impact on wildlife in protected areas, but many gaps remain in our understanding.
● In a meta study of 274 papers, researchers found that 59% of the time impacts on wildlife were negative.
● Reptiles, amphibians and invertebrates appear especially vulnerable to tourist impacts.
● More research is needed, especially in the developing world.

Maxine Chen, 17th March 2017
https://news.mongabay.com/2017/03/stepping-on-their-paws-study-explores-
recreations-unfun-impacts-on-wildlife/

Report: Methane Leakage at Natural Gas Plants Much Higher Than Previously Thought
Nithin Coca, 23rd March 2017
http://www.triplepundit.com/2017/03/methane-leakage-natural-gas-plants-much-
higher-previously-thought/#
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can be grown in the writer's local region, rather than imported crops.

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info@vegansociety.com or phone 0845 458 8244. For help writing to local
newspapers etc. please email Amanda: media@vegansociety.com.

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MCL booklets & leaflets. 245 Gladstone Street, Nottingham NG7 6HX.
Tel: 0845 458 9595. www.veggies.org.uk.
Sarah Two is living in Cornwall on Devon border & would welcome contact from any vegans in Devon & Cornwall.....my address is: the Annexe, Westaways, Latchley, Cornwall PL18 9AX Tel. 0182283914

Cornwall contact Nicole Troclet: Please get in touch when you come to Cornwall. I would be delighted to help in any way I can. I live near Truro. Tel. 01872 863337.

The Network of Ley Hunters’ Newsletter is available on annual subscription (four quarterly issues) of £10 if in the UK (£20 for outside UK). Please, send to Laurence Main, 9 Mawddwy Cottages, Minllyn, Dinas Mawddwy, Machynlleth, SY20 9LW. Tel. 01650 531354 www.networkofleyhunters.com

Creating Welhealth vegan farm needs farmers/forest gardeners/volunteers
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Creating Welhealth vegan farm offers free skill sharing courses on the farm on the last weekend of every month on forest garden plant propagation and small low impact wind and solar electricity. The wind/solar course is for anyone planning to go off-grid or those who are off-grid who wish to learn more about small wind and solar electric systems that they can install, use and maintain themselves. Participants can also use our shared resource workshop facilities to make their own lights and battery regulators. Please enquire if interested.
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