

**The Movement for Compassionate Living**

**~ THE VEGAN WAY ~**

# **New Leaves**

**No. 100 April - May - June 2011**

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## The Movement for Compassionate Living - the Vegan Way founded in 1985 by Kathleen and Jack Jannaway

### NEW LEAVES

is the quarterly 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<sub>2</sub> 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<sub>2</sub>.*

*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 quarterly and distributed in January, April, July and October. The Editors do not necessarily agree with articles published.**

## 100 NEW LEAVES



Welcome to the 100th issue of *New Leaves*. Getting to a significant number like one hundred (a century in years, but a quarter century in issues of *New Leaves*) always makes me think of the past and look to the future - to the next 100 issues in this case, or to the next 25 years that they would take. However I cannot quite envisage being personally involved in all the next 100 issues, or for the next 25 years. But, who knows, I might turn out to be a very sprightly octogenarian. I live in hope.

I was sent a copy of the very first issue of *New Leaves* a day or two ago. Reading through it I was struck by the words (among many others) “there will be ... no criteria for membership – we all compromise and fall short of the ideals and need each other's help and sympathy”. Over the years, when dealing with mailings and membership, I have noticed some who were not even vegetarians among us, although the majority of us are vegans. When I received my first ever *New Leaves* close to twenty years ago I was a vegetarian, having been one for about ten years. I became a vegan fairly soon after joining MCL, and over the years received much help and sympathy from MCL's founder Kathleen Jannaway - and not only on matters relating to veganism.

The words quoted in the last paragraph come from the article written by Kathleen titled *Living the Future Now!*. In that article she sets out the reasons for starting MCL and the principles on which it is organised and what its aims are. I think it is worth reminding us of those in Kathleen's words:



... What is needed is a realisation that nothing less than a radical change in human motivation, behaviour and life-style is required.

The Movement for Compassionate Living has grown from such a realisation. The ideals that inspire it are thousands of years old, they have been preached and practised by the founders of the great religions and humanitarian movements through the ages. They have been preached and largely betrayed in the institutions that followed. Now their practice has become a condition of survival and the hope of a more abundant life for all.

In planning the new movement we have followed Ivan Illich's directive - “Everyone of us, every group with which we live and work, must become the model of the era which we desire to create. We must live the future now!” So there will be no hierarchy and no repressive rules - these can encourage pride and domination and limit essential freedoms; no voting –



voting is a form of violence by which a majority, often a small ill-informed majority, imposes its will on the minority; no criteria for membership ...

“Living the future now!” means :-

Seeking and promoting an alternative way of life that is possible for all the world's people and sustainable within the resources of the planet.

Avoiding as far as possible the use of anything that is the product of animal or human exploitation.

Aiming at the practice of nonviolence in deed, in word, and even in thought.

While courageously exposing wrongdoing, accepting people and their unique contributions in humble awareness of our own inadequacies, and in the faith that we all have the power to respond to the creative forces at work in the world.

We are aware of no other organisation with all four aims, and all are vitally necessary. ...

In accordance with the aims given above, we plan to publish literature, initiate activities and organise meetings to gather inspiration from the past, and the present, to foster hope, and to give practical help with changing life styles.

The inside front cover of *New Leaves* states what MCL promotes (its aims). The first one of these encompasses very clearly the first two of the ones here, and also the third one I think is implied. The inside front cover has three other points which in a way expand the points made in the first, bringing out the importance of the methods of our physical sustenance: vegan-organic horticulture and agriculture, and the importance of trees. The exposing of wrongdoing is an integral part of all this, but what is sometimes forgotten by us is the last part of this fourth point here. And that is what we all must remember always. It is worth repeating. We must always be “accepting people and their unique contribution in humble awareness of our own inadequacies, and in the faith that we all have the power to respond to the creative forces at work in the world”.

The contents of the first issue were given as follows:

“Living the Future Now! 1. Hope for a Future 4. Blaming the Weather! 6. In Praise

of Littleness. 9. Herb. 11. Recipes 14. Inquirers' Doubts. 16. Family Pages - Children at Work, Mats, Hedgehogs. 20. Adverts and Footwear. 24.”

The subscription was £3.00 yearly (but less accepted). Today the cost is £5 – a much smaller increase than would be expected in 25 years. And the stipulation is still “for those who can afford it”. I have always liked this aspect very much: anyone who is interested can have *New Leaves* regardless of their financial situation. Enough money has always come through to pay for everything without harassing members for payments. And Kathleen was very clear that no one who did anything for MCL should be out of pocket because of it. When I took over all the various jobs for MCL, starting with the first ones eleven years ago, Kathleen insisted that I claim for all the expenses I incurred in the process. That said, all the work itself has always been voluntary – no payment of any kind is made for time and effort involved in doing any work for MCL. .

It is time to look forward now – to our AGM. See the box below for information about it and how to get there. Any items for the agenda need to be sent to me by the 5th of May. You can do so by telephoning me, sending me a letter, or emailing me. The contact details are on the front cover of *New Leaves* and also on page 22. It would be useful to know who is coming so that I can arrange the seating in the room. However, it is not the end of the world just to turn up if that is how things work out best for you. As the Finnish saying goes: *Sopu sijaa antaa* (harmony/concord makes/gives space/room).

Ireene-Sointu

## **ANNUAL GENERAL MEETING**

**Saturday 7th May 2011**

to be held at Artists Room (backstage on the 2nd floor – no lift)  
Conway Hall, 25 Red Lion Square, London WC1R 4RL

Lunch (bring your own) 12 - 1.30pm

AGM 1.30 - 5pm

Underground: Holborn (Central and Piccadilly lines) approximately  
5 minutes walk. Also within reasonable walking distance are  
Chancery Lane and Russell Square.

Buses: 8, 19, 25, 38, 55, 98, 168, 188, 242, 243, 501, 521  
(all within a 5 minute walk).

# **REPORTS FROM MCL FUNDED PROJECTS**

## **VEGAN-ORGANIC NETWORK**

### **THE CENTRES NETWORK**

One of VON's early ambitions in promoting stockfree organic (vegan organic) farming and growing was to organise its own inspections based on its newly formed Standards. The first inspection took place on 2nd October 2001. But in order to carry this forward we had to comply with various EU regulations, and we did not have the financial or administrative resources to proceed. We have moved on from then!

On 19th March at Sale in Cheshire, Climate Friendly Food and Stockfree Organic Services (SOS, the farming arm of VON) organised a workshop to discuss a proposal to set up a Participatory (Farmer to Farmer) Inspection Scheme.

The proposed scheme aims to provide a low-cost certification scheme. The inspections carried out on behalf of SOS by the Soil Association (SA Ltd) cost over £500. For small scale growers this is a heavy burden, especially in a time of recession, which is likely to result in decreased sales of organic food.

SOS together with Climate Friendly Food considers it vitally important to promote and support the expansion of low-carbon, sustainable trading and growing enterprises across the UK. Therefore the plan is to set up a pilot scheme in North West England and North Wales.

It was extremely encouraging that twenty growers and supporters of the scheme from the region attended, including Growing Communities from Hackney in East London.

Ed Jones (Glebeland Market Garden, Manchester) chaired the meeting, and the discussion was led by Jenny Hall (VON member, grower, and director of Climate Friendly Food) and Robert Mackey (horticultural consultant on behalf of Stockfree Organic Services).

Jenny explained how the scheme will operate, and the link between Climate Friendly Food and Stockfree Organic Services. Rob outlined how the independent monitoring and quality assurance process will ensure that the scheme is seen to be rigorous and fair.

Growers may still opt for the Soil Association and SOS symbol that is awarded to growers, as an assurance of organic standards and food quality. However this new scheme, if successful, as well as being affordable, will become known and also offer the same standards.

This is another ambitious step for VON, and we will report progress in the next issue of *New Leaves*.



## CREATING WELHEALTH CO-OP PROGRESS REPORT MARCH 2011

I recently found an advert from 1998 which I had put in *Vegan Views* and *New Leaves*. It read: "Founder members wanted to form a vegan farming cooperative whose aims are to live in harmony with the natural environment and to work towards a human non-exploitative moneyless community and society. Land is available for this." (Rather than 'work towards' in the ad we would now use the words 'transition towards'! We are still looking for full time serious members, and also holiday or short time members. Please get in touch. Tel. 07980 158661 or email [frank\\_bowman@yahoo.co.uk](mailto:frank_bowman@yahoo.co.uk)

**House Renovation** – Budget £1000, spent so far £405.

The house is the main project this year. We're ready to start on making and fitting the windows and doors of the house. The exterior needs to be fully sealed, including the roof, chimneys pointing, and any rotten wood gutter board replacing.



**Polytunnel and Shed** – Budget £600, spent so far £312.

The new cover of the polytunnel was loosened and damaged in a very bad storm in February. It needs repairing or reconfiguring. A large shed on the end of the polytunnel needs to be built.

The new polytunnel cover was torn around the front corner. The manufacturers sent us repair tape, but to date haven't been out to inspect it. Battens were ordered to repair it. One suggestion was to repair and batten it up, and another to shorten the polytunnel by one rib length, and redo the front. Or else we could abandon these short lived plastic polytunnels altogether, and make better alternative south-facing structures similar to the shape of the potting shed but larger, with the sloping south-facing window only - and made of visqueen, thus saving on the expense of periodically renewing a whole sheet, and reducing our use of plastic.

## **Forest Garden Nursery**

This project is completed, and work is going well in the nursery. We haven't had time to put in fitted tables and shelves yet, as things have been too busy. So for now we've been using trestles and boards.

## **Work done at Tyn Y Nant during this period**

I circular sawed two thirds through the end of my little finger at the end of October 2010, but after an operation it was saved and is mending well, though wonky! But the best thing has been the two little finger gloves that a friend made for me, to protect from the biting cold!

Vic donated a short height 8' x 4' dog kennel, and this was adapted into a taller standard 8' x 4' shed outside the kitchen, which will be used as an office. The roof was put on it the day before the late November snow arrived, allowing the rest of it to be constructed out of offcuts during the snow.

Alan donated a little solar panel and also 120 Elder trees. These are now planted out at the top of the land. A low-power laptop has been bought, along with a dedicated durable long lasting deep cycle Rolls battery to power it through the three low-sunlight and sometimes low-wind winter months.

A poster has been made showing a short history development of Tyn Y Nant from a house, and four walls of an outbuilding, in 1998 to the present, with five photos for each year. Another poster is in the process of being made - it will describe our gift economy/ freeconomy, free land and vegan focus. Also there will be posters describing forest gardening, and eventually a garden plan showing the location of all the trees. These are being done in order to explain easily to visitors and volunteers what it is we are doing. They will be located as a display by the gate, as

well as Kathleen Jannaway's picture of The Tree, and the Movement for Compassionate Living poster of Self-Reliant, Tree-based Autonomous Vegan Villages.

The large potting shed is a great boon! Not quite totally mouse proof yet though. A lot of work has been done, and is currently being done, on seed and cutting germinating: 120 gooseberries, 900 jostaberries, 120 blackcurrants, 600 sweet chestnuts, 16 Oakcroft organics damsons so far, 72 big Ruthin Hazels so far (from a very prodigious tree in Ruthin), and six Scottish cherry plums so far (from friendly Knut, formerly of *Vegan Views*), also 70 rhubarb, and 50 *rosa rugosa*. A lot of the seeds which didn't come up last year are coming up now, having gone through two winters. Success! The Sea Buckthorn cuttings and the rhubarb planted around autumn are coming up. The special fuchsia which produces cherry-size fruit has yet to peep through. Recently we have been busy germinating seeds in the potting shed, including a new order from the Agroforestry Research Trust - twenty of the successful varieties of last year's 'test' order.

A trip to the Willow maze at Kinnel Bay in February, with Tony from Ystradgynlais near Swansea, got Tony thousands of willows, and also 500 for Tyn Y Nant, which have been planted out. Tony also donated Buddleia cuttings, which are now planted out. Many of the thousands of existing willows, planted last year and the year before, were cut shorter to encourage growth. Fingers crossed they will now take off. Also, from the now sixty established viminalis willows, we cut and planted out 680 new cuttings, covering the whole of the bank of the original trees. It will be great to see how they come up at the end of the year. Our large single original basket willow had uprooted, so this was cut, and we got 200 cuttings from this tree to plant out. It seems to be, with willow, that the thicker the stems, the more successful they are.



Steve and Cathy came over recently to get willow, and we coppiced our structure willow, and planted out about 55 cuttings from it. They were really taken with how easy it is to plant willow.

Vic has edited a video of our Welhealth DIY cabaret act, and made a compilation of it from earlier videos. It can be seen on YouTube at <http://www.youtube.com/user/button1943>

Frank Bowman



### **Sunday 9th January**

Today the weather was mild. It was a busy day. Jane got the fire going for the much needed teas. Pete got on with cutting down the Sea Buckthorn that was leaning into some other trees over the path. Also some of it was pollarded. I made a start with Jane on digging up the raspberries, and these were taken down to the bottom to be temporarily heeled in to some of the raised beds, until we plant them out on the next work day.

Alison cleared the leaves and debris out of the pond, and all the unwanted self-setting trees growing around there. Mark fitted a bird feeder in the apple tree by the firepit, and set some mistletoe seed into its branches. He and Wayne also made a gong and everybody did lots of screaming and singing and messing and jumping about, and generally wassailing all around the garden, because this worked in making the garden very fruitful last year! They also drank sloe gin! And they dug up some potatoes which Mark had planted in some of the raised beds last year.

What a great day, and I missed most of it, having to go early!

### **Wednesday 26th January**

On the last Wednesday work day, Rowan, Ali, and Frank moved the large heavy sleeper to the front of the path verge, to form a plinth which could be used for strawberry plants. Using cardboard and wood chippings they mulched some of the area in the corner down by the fire pit, ready for planting the raspberries. More of the raspberries were dug up at the top, leaving one or two plants, and now the area is cleared for open space for the fruiting trees there, including the pineapple guava. Ali removed an ash growing through the pineapple guava.

### **Sunday 13th February**

Luckily the weather was calm, and the rain had stopped for us to be out in the garden. Jane got the fire going again. Pete and Jane got busy on the Sea Buckthorn. They'd brought a good saw to get the large Sea Buckthorn trunks down, so now it is

Pete pruning Sea Buckthorn



all pollarded, and will be easier for picking at a lower height when it fruits in the autumn. Sue reorganised, ordered and sorted the compost area with the bins, and sorted all the plants onto the staging. The whole area looks neat now, and ready for using for this year's propagating. This was a job that really needed doing for a good start to the year. One of the plant stages needs repairing. Ted and Frank planted all of the raspberries down at the bottom end of the garden and mulched them in, but a bit more mulching is left to do.

Thanks to Charles who donated two new speakers for the computer, to be able to hear DVDs, and he is also organising getting the materials to fix the repair that needs doing to the end of the BFG cabin. Alison and Charles and visitors went on a tour around the garden. Alison dug up the plastic from the ground in the raspberry patch and from around the lime tree. This had been laid down as weed-suppressing mulch when the trees were originally planted. Some of the Sea Buckthorn cuttings were planted into the beds down at the bottom.

### **Wednesday 2nd March**

Work was done on the living willow structure, the garden tour, and on planting rhubarb and sedum telephium, potting rubus 'Betty Ashburner', and trimming and tidying the lemon balm.

### **Sunday 13th March**

It was a really great day. Lots of work got done, and there were lots of teas and chats around the fire. We all got busy on the propagating area, and got it really sorted and tidied. The pile of wood chippings that have now turned to good compost got dug up in record time - it was bagged and also put into a compost bay. So now the ground there is levelled, and the long raised pallet laid out, to be used as another platform for laying pot plants on. Buddleia and willow were trimmed to allow access around the staging. Some of the Buddleia was potted up.

All of the pot plants were sorted, and any without plants were put to one side for re-using, and the rest with plants in put neatly on the staging. Ted mended the staging, and he and Sue re-levelled it. Ted made a holder above the compost bays to hold the bamboo canes, and also tidied and made the row of compost bays at the back ready for bringing into use again.

The new garden plan was put up on the board, and this has visqueen over it to protect it from the weather. The handheld A3 plan and plant information leaflets have been done, but need going through the laminator again as they came apart a bit because they had been rolled up. Ted made a side screen for the large garden plan board, to protect it from the rain. The herb spiral was weeded, and planted with strawberries. The Berberis was cut back to give a bit of space at the end of the herb spiral, as was the Sweet Chestnut. Strawberries were planted as living mulch, in the area by the Good King Henry. Jane cleared away the rest of the Sea Buckthorn wood to down by the fire pit.

Further details: 0845 3457716 or e-mail [contact@thebfg.org.uk](mailto:contact@thebfg.org.uk) [www.thebfg.org.uk](http://www.thebfg.org.uk)  
*Frank Bowman*

### **Cold Tea Loaf**

A wartime recipe (contains no fat or oil)

1 large cup mixed dried fruit (1/2 lb).

1/3 cup sugar (1/4 lb).

1 large cup cold tea (10 fl oz) - any type of tea will do.

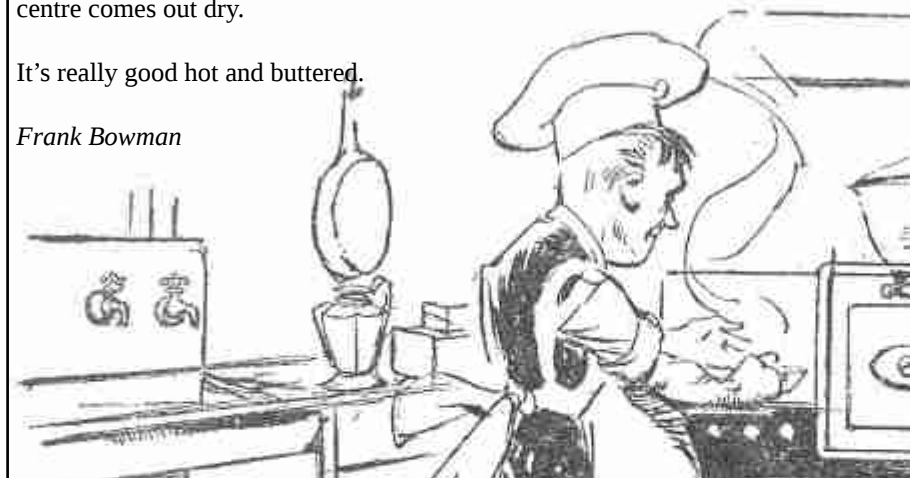
1/2 teaspoon cinnamon and 1/2 teaspoon of mixed spice (cinnamon and nutmeg will do, or just mixed spice, or none at all, it's still good).

Add a desert spoon of treacle, or none at all, try it with or without. Put all ingredients together in a bowl and soak overnight.

In the morning mix in one and a third large cups of self raising flour. Now put into two small loaf tins, and bake at 375°C for about 40 mins, until a knife piercing the centre comes out dry.

It's really good hot and buttered.

*Frank Bowman*



## GLEANINGS

Bolivia is set to pass the world's first laws granting all nature equal rights to humans. The Law of Mother Earth ... is expected to lead to radical new conservation and social measures to reduce pollution and control industry.

The country ... pilloried by the US and Britain in the UN climate talks for demanding steep carbon emission cuts, will establish 11 new rights for nature. They include: the right to life and to exist; the right to continue vital cycles and processes free from human alteration; the right to pure water and clean air; the right to balance; the right not to be polluted; and the right to not have cellular structure modified or genetically altered.

Controversially, it will also enshrine the right of nature "to not be affected by mega-infrastructure and development projects that affect the balance of ecosystems and the local inhabitant communities".

[www.guardian.co.uk](http://www.guardian.co.uk) Sunday 10 April 2011

## SUGGESTIONS FOR HOLIDAYS THIS SUMMER

### Walking for a nuclear free future:

The walk in **France** from 1st to 31st July follows the Loire in the region of Orléans in Pellerin near Nantes. Contact: [marchesortirdunucleaire@gmail.com](mailto:marchesortirdunucleaire@gmail.com)

The walk in **Australia** from 21st August to 30th October will begin from a proposed uranium mine site at Wiluna and finish in time for the Commonwealth Heads of Government Meeting in Perth. Walk for an hour, a few weeks or the whole way. This is a non-violent action that will highlight the deadly & dangerous effects of uranium mining and create dialogue with the public to end the uranium cycle, promote renewable energy and rid the world of nuclear power & weapons.

Contact: [nffc@footprintsforpeace.org](mailto:nffc@footprintsforpeace.org) Tel.: 0400 505765 or 0401 909 332

Websites: [www.nuclearfreefuture.com](http://www.nuclearfreefuture.com) or [www.footprintsforpeace.net](http://www.footprintsforpeace.net)

### Camping with friends and family:

Vegan Camp in Ashbourne, **Derbyshire** from 6th August to 20th August for a few days or for the whole time. Booking form from [www.vegancamp.co.uk](http://www.vegancamp.co.uk) or SAE to Gordon Forrest, 9 Seymour Street, North Shields, Tyne & Wear NE29 6SN

### A working holiday in Cornwall:

Volunteer at Plants for a Future – telephone Addy on 01208 873 554, email [kenfern1@btinternet.com](mailto:kenfern1@btinternet.com) or write to The Field, St Veep, Lostwithiel, Cornwall, PL22 0QJ, England.

## **SOME UNUSUAL VEGETABLES**

### **A few varieties we have grown and loved**

We started vegetable and fruit growing back in 1980 when we had our first house on the edge of the city of Portsmouth. We were fortunate to have a reasonably large garden that the previous owners had completely laid to lawn; we didn't waste any time in lifting that and getting the ground prepared for vegan-organic food crops.

We have always loved growing unusual varieties and species – from the start we never saw any reason to grow what we could buy cheaply anyway, so we selected the weird and wonderful to grow. Why just have orange carrots when we could grow yellow, purple and white varieties? We found a beautiful yellow-fleshed watermelon that was deliciously sweet and succulent. Purple-skinned potatoes were an early favourite and we now enjoy varieties with coloured flesh too. In the 80s shop-bought tomatoes were all round and red, but our gardens have always provided us with an abundance of yellow, orange, green, black, mottled, striped, plum-shaped and pear-shaped fruits.

Thirty years on we now have a large, rambling garden on the Isle of Wight, with orchard, polytunnel and vegetable area, so lots more room for all those weird colours and varieties of fruit and veg!

### **These are a few of our unusual favourites from over the years:**

#### **Egyptian Tree Onion** (*Allium cepa bulbiferum*)

The Egyptian Tree Onion, also known as the Top Onion or Walking Onion, is unusual in that it produces clusters of small onion bulbs (bulbils) at the top of the stem where there would normally be flowers. These bulbils can be picked for kitchen use as required and further plants can also be propagated from them. The stems may need to be supported, otherwise they will drop over and 'plant' the bulbils themselves, thus spreading the plants - hence the name Walking Onion. The main bulbs are perennial, so will produce stems annually. (For bulbils to plant, try Poyntzfield Herb Nursery, Black Isle, By Dingwall, Ross & Cromarty, Scotland IV7 8LX [www.poyntzfieldherbs.co.uk](http://www.poyntzfieldherbs.co.uk) )

#### **Potatoes: Edzell Blue and Shetland Black**

We have for many years been growing Edzell Blue potatoes, which have a deep purple skin and white, floury flesh. They are our favourite variety, good croppers and very delicious - especially when roasted or mashed.

Shetland Black potatoes have black skin and white flesh – we always seem to get numerous small potatoes from this variety, rather than any large ones. They are interesting and tasty boiled as a salad potato.

### **Radish Pods**

If you grow radishes and they bolt before you have used them all, leave the plants to flower. After the flowers, they will produce small pods – pick these before they dry, when still green, crisp and succulent. They are edible and tasty, adding a hot peppery crunch to salads.

### **Tomatoes: Golden Sunrise, Pineapple and Porter**

We always grow a varied selection of tomatoes, but our favourites are Golden Sunrise (a medium-sized round yellow fruit with a rich flavour), Pineapple (a very large fleshy and sweet fruit which is mottled green, yellow and red), and Porter (a very prolific cropper with small, pink, plum-shaped fruits).

### **Swiss Chard, Rainbow**

This is a very attractive vegetable and is really a mixture of various chards: red, pink, yellow, green and white. The leaves are like spinach, with vividly coloured edible stems that are thick and fleshy.

\* \* \* \* \*

## **Just to maintain a balance, here are a few crops we tried once but didn't take to:**

**Garden Huckleberry** – these looked like Deadly Nightshade (a close relative) and we thought they tasted revolting!

**Asparagus Pea** – this plant produces small, fluted, edible pods. We tried them one year a long time ago, but didn't enjoy eating them. We found them a bit fibrous and without much flavour.

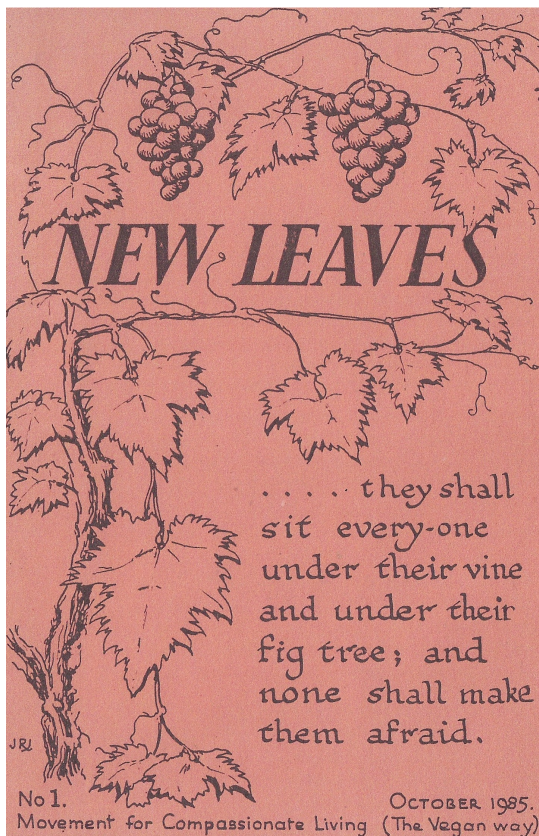
**Okra** – related to the cotton plant, okra (also known as gumbo, or ladies' fingers) produces small, conical, pod-like fruits, often used in recipes from Asia and the southern USA. They grew well for us against a south-facing wall, but the pods, which produce a glutinous gel when cooked, were not to our taste.

*Alan Garrett, Isle of Wight*

## LIVING THE FUTURE NOW ..... AND THEN !

A little while back I put together a memory book of photographs taken over the years at activities of our local vegetarian and vegan group on the Isle of Wight. This was for friends who were leaving for pastures new. It was nice to look back over some special times in our lives. Looking back through the last ninety nine issues of *New Leaves* has felt very much the same, tracing milestones and memories through the years in our personal vegan history.

We were pleased to be part of MCL from the beginning. We had met Kathleen and Jack Jannaway through their work for the Vegan Society and very much supported their aspirations for the new organisation expressed in issue 1 of *New Leaves* in 1985, and the holistic approach to promoting veganism that has always been at the heart of MCL.



The first gathering of MCL was held in Redruth in Cornwall and was mentioned in Issue 3. A small group of people met to discuss the objectives of MCL and we travelled down to be part of that group. One of the challenges discussed by the group, “the daunting problem of finding opportunities of demonstrating the validity of vegan food growing without money to buy land”, remains a barrier to many wishing to adopt a self-sustaining vegan way of life.

Issue 5 included an article about Helen and Scott Nearing, an inspirational vegan couple who lived an experimental self-reliant and socially responsible life in the USA, teaching others through their educational project, The Social Science

Institute. They wrote over fifty books together and attracted thousands of visitors to their home. Helen and Scott built their second house when Scott was in his early 90s. We were delighted to meet Helen Nearing at Kathleen's house in Leatherhead, probably sometime in the early 1990s. I will always remember sitting quietly with Kathleen and Helen shelling hazelnuts from the garden for our lunch.

Issue 20 reviewed MCL's progress five years on, and reported on the establishment of the Plants for a Future project in Cornwall. It also contained an article on Agroforestry by Robert Hart. We had been fortunate to meet Robert at his home and forest garden in Shropshire in the 1980s. Robert was an incredibly inspiring man, with a quietly intense character and such incredible knowledge. His book on Forest Gardening has been a constant reference for our growing over the years, and we now finally have our own forest garden under development.

Opening our copy of issue 30 of *New Leaves*, what should drop out but a note from Kathleen asking for our comments on her emerging work on STAVVs (self-reliant, tree-based, autonomous, vegan villages). Throughout our time of working with Kathleen we must have received hundreds of such notes. Many of you will remember how she always wrote brief notes by hand, always to the point, always responding to correspondence in a timely way, usually the same day it arrived, in a way that put many of us to shame.



Issue 39 reported on the annual MCL meeting, held at Fred Tallant Hall near Euston station in London. I well remember meetings at this venue, the home of the Countrywide Holidays Association, which has since been sold - probably for redevelopment. The internet site I found that mentioned the hall described it as exuding "a great feeling of the idealism of pre-war Britain". Going through the doors really felt like stepping back in time to another age, it was a really atmospheric place.

Issue 46 contained a great little piece about Kathleen and Jack's garden that totally summed up Kathleen's amazing fortitude. This was written when she was 82: "As hip trouble was obviously going to prevent Jack from gardening in 1996, I measured out a plot that I thought I could manage unaided, roughly 90 sq yards, i.e. about 1/3 of an average allotment. I worked on average ten hours a week, mostly before breakfast – once the post came there was no time for gardening. A prolonged drought affected most crops, and any time to spare on summer evenings had to be given to watering. I harvested 155lbs of potatoes, 45lbs of carrots (watered with homemade comfrey fertiliser), 14lbs of onions, 7lbs of parsnips (not watered). I gave a good proportion of the plot to greens of various kinds, they kept us supplied with two meals a day, and enough have so far survived the severe frost to supply us into late spring. In addition to the plot, I have gathered a marvellous crop of soft fruit and apples." By coincidence, the same issue also marked a special milestone for us too, with an article about our taking on our current garden on the Isle of Wight. I know for a fact we did not garden before breakfast!!

Throughout many of the issues the beautiful precise drawings of Jack Jannaway illustrated the covers of *New Leaves*. Jack was a quiet steady presence for MCL, undertaking much of the printing of leaflets and booklets at home, driving Kathleen to events all over the country, and supporting her in so many other ways. On our many visits to Leatherhead, Jack would always take time as we were saying goodbye to make sure we knew the best route to get home. Issue 48 noted that Jack's health was failing seriously and at that time a small group of us met to try and find ways to help share the work of MCL with Kathleen.

Issue 51 reported on what I think was to be the last garden party at Leatherhead, held in 1998. These had been a constant thread in my own vegan history, happy times to put names to faces and meet old friends and make new ones. The same issue contained the food wheel or food target that Alan devised to help people aiming to progressively shift to more sustainable and cruelty free dietary habits. MCL has continued to use the food target in its literature to date.

Jack's passing in November 1998 was marked in issue 53. I remember I was unable to attend his funeral as I had a badly broken arm that could not be plastered and I was unable to travel.

Issue 57 marked another watershed for MCL, reporting on a meeting in January 2000 to agree a way to share the MCL workload ahead of Kathleen's move to Devon to live with her son and daughter. Issue 59 was the first from Burrow Farm

in Devon. The same issue also marked the passing of Robert Hart at the age of 87.

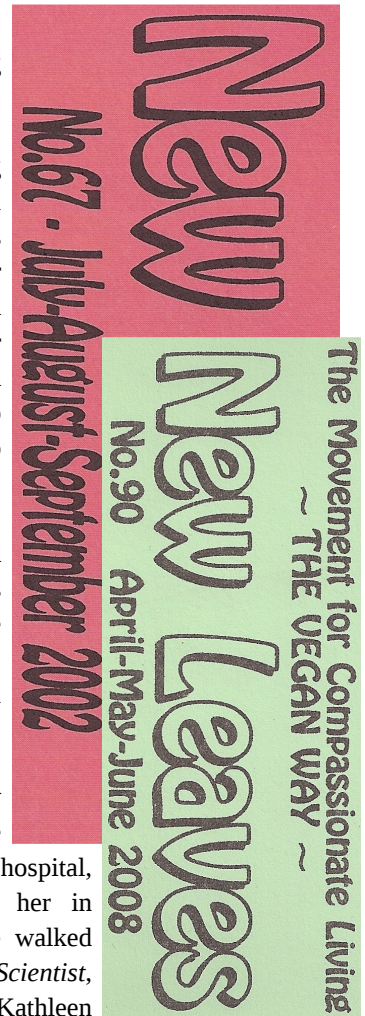
Issue 63 saw ourselves taking on the job of editing *New Leaves* as a temporary measure, because a fall in the garden in May 2001 had led to Kathleen's hospitalisation. Having observed the staff caring for her in hospital, in her inimitable style Kathleen asked readers to write letters to support the case for just pay for nurses. The AGM for that year, held in Exeter, was also reported in the same issue. Our trip to attend that meeting gave us the opportunity to visit Kathleen in hospital.

Issue 66 was a collaboration between Kathleen and ourselves. We helped with the layout as Kathleen's eyesight had begun to fail. We took on the role permanently from issue 67 through to issue 90, when the work was taken on by the current editorial collective, led by Ireene-Sointu.

Issue 70, published in April 2003, marked a key milestone in MCL's history. Kathleen had once again been hospitalised in her local community hospital, following another fall. We were able to visit her in Okehampton and I remember that as soon as we walked onto the ward we spotted her with her nose in *New Scientist*, keeping up to date with news on global warming. Kathleen died on 27th January 2003, a few days before her 88th birthday. In compiling an article about her life for that issue, with much help from her daughter Mary and from Mark Gold, we learnt so much about her earlier life that we had never known. The loss of Kathleen inevitably felt like a body blow for MCL, but the small group of us working at the heart of the organisation knew we had to keep things going if we could. We knew the organisation would evolve and change, but its core messages were, and still are, ever more relevant as our world spirals into the chaos of more environmental devastation, war and societal disorder.

So here we are thirty issues on from that time and still going, and many of us are still trying to "live the future now" as Kathleen exhorted us to do in 1985.

Elaine Garrett, April 2011



## **ADAPTED FROM THE WEBSITE OF THE WORLD RAINFOREST MOVEMENT**

### **Peasant women occupy tree plantation of Veracel Celulose**

On February 28, fifteen hundred women of the Movement of Landless Workers (MST) occupied the Cedros tree plantation, belonging to Veracel Celulose. The field is nearly 2000 hectares and is located in the region of Roça do Povo, 8 km from the city of Eunapolis, in the State of Bahia in Brazil. The action was part of the struggles marking International Women's Day on March 8.

On March 1, 1500 women closed the BR 101 highway at the segment in front of Veracel's farm. The aim of the action was to arouse President Dilma's attention while she was in Bahia and maybe lead her to announce which actions her government would undertake to make the agrarian reform in the country come true. The women recalled that until now, no government has seriously addressed the issue of land concentration and privatisation due to the conservative and greedy interests of large farmers, landowners, and of agribusiness which has been strongly advocated by the rural federal representatives in the National Congress.

Women are also requesting an urgent audience with the Minister of Agrarian Development, Alfonso Florence, to discuss the settlement of at least two thousand families in southern Bahia.

On March 8, the women held several activities to commemorate International Women's Day.

### **About Veracel Celulose:**

Veracel is a company owned by the transnational Swedish-Finnish Stora Enso and Fibria (former Aracruz). It has about 100,000 hectares (within a total area of over 200,000 hectares) planted with monoculture Eucalyptus trees for the production of pulp for export. The company is currently in the process of doubling its plant and tree plantations.

In 2008, the certifying firm SGS granted Veracel the FSC certificate, without taking into account the several demonstrations and protests of social movements and NGOs in Bahia, the rest of Brazil, and the world, which all denounced the company's serious failure to follow FSC's principles and criteria. Therefore, this

certification is a true greenwash (read more in WRM Bulletin 163). MST's women action denounced once again that Veracel is not, as the FSC says, a "socially just" or "environmentally sound" company.

Movements fighting for land in southernmost Bahia, like MST and MLT (Movement for Land Struggle), have for years been denouncing Veracel's land concentration. Monoculture Eucalyptus trees have become a major obstacle to the implementation of the agrarian reform in the region. Moreover, Veracel illegally occupies "devoluta" land, that is land that belongs to the State and cannot be appropriated by private companies. Those lands should serve to produce food for the people living there and in the surrounding region.

For some years now, the MLT has been occupying 1,333 hectares of "devoluta" land in the Ponto Maneca region. Local families have withdrawn the planted eucalyptus trees and instead have grown and already harvested foods. Even so, Veracel continues to argue that those lands are theirs.

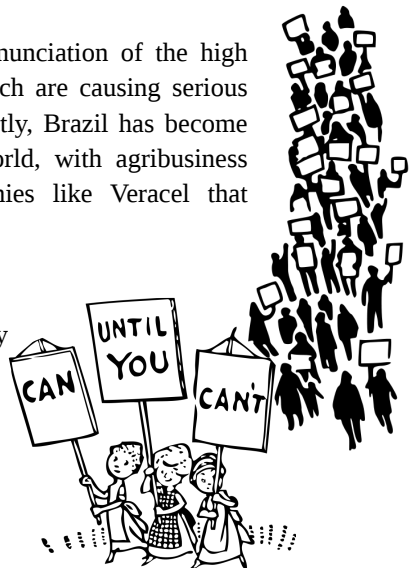
### **Other actions in the country:**

In addition to this action in Bahia, rural women promoted actions in several other states. In Rio de Janeiro, 300 women occupied BNDES, the National Bank for Economic and Social Development, which has funded large estates and agribusiness in general in Brazil. In the state of Ceara, over 1,000 women held a march.

In every state, the actions' focus was the denunciation of the high level of pesticides applied in the country which are causing serious impacts on workers, especially women. Recently, Brazil has become the largest consumer of pesticides in the world, with agribusiness being mainly responsible, including companies like Veracel that promote monoculture tree plantations.

World Rainforest Movement  
Maldonado 1858 - 11200 Montevideo - Uruguay  
tel: 598 2 413 2989 / fax: 598 2 410 0985  
Email: [wrn@wrn.org.uy](mailto:wrn@wrn.org.uy)  
Website: [www.wrn.org.uy](http://www.wrn.org.uy)

Many interesting publications can be downloaded from the website or bought from the organisation.



## FRUIT TREE PLANTING IN RADFORD, NOTTINGHAM

Ecoworks is a community organisation in Nottingham promoting the interests and personal development of people who are socially disadvantaged, by delivering activities connected with the conservation, restoration and enhancement of the environment. They manage two sites (27 gardens in total) on Hungerhill Gardens in St. Ann's, Nottingham, one site on Brewsters Road in St. Anns, and a 13-acre permaculture site on the urban fringe of Nottingham.

Ecoworks will shortly be starting an exciting new project planting fruit trees and bushes on three public sites in Radford around the Independent Street and Hartley Road areas, with the fruit being there for the community to help themselves to for free for years to come. It will include apples, pears, plums, blueberries, blackcurrants, and perhaps a few others. Yum!

They would love to hear from individuals and groups who would like to be involved in any of the planting days and activities. There will be several activity days, and dates have yet to be set so hopefully they can be planned to suit the needs of people who are interested in getting involved. Everyone is welcome, including people with no previous gardening experience. There will be a variety of activities involved, from digging holes, to planting, to watering, something for all ages and abilities.

If you are interested to know more and perhaps to lend a hand with any aspect of the project please contact Antony by telephoning 0115 9622200 or by emailing [antony.dumskyj@ecoworks.org.uk](mailto:antony.dumskyj@ecoworks.org.uk)

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For more information phone 01270 618647 or email us at [info@vegonia.co.uk](mailto:info@vegonia.co.uk)

More details of Vegonia can be found at  
<http://www.veggies.org.uk/directory/detail-58-242.htm>

## MCL ENVELOPE STICKERS

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  
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Ystalyfera, Swansea SA9 2BT  
[www.mclveganway.org.uk](http://www.mclveganway.org.uk)

Available for £1 per 100  
or 1p each from  
MCL, 105 Cyfyng Road  
Ystalyfera  
Swansea SA9 2BT

Cheques payable to MCL  
and send s.a.e.

## THE MCL MEMBERS' CONTACT SCHEME

The Contact Scheme aims to provide opportunities for mutual support, co-operation and friendship, and/or to further the aims of MCL locally and regionally. Let us use this scheme to do what Kathleen stated as the aim of our organisation – let us “initiate activities and organise meetings to gather inspiration ... to foster hope, and to give practical help ...” We have all joined this scheme to make some contact with other MCL members. Let us do so, so that not one of us would feel alone or lonely.

Details of contacts are provided only to those participating in the scheme.

**The Contact Scheme offers a great opportunity to get in touch with other MCL members who are following or working towards compassionate, cruelty-free living.**

At present we have contacts in Antrim, Bedfordshire, Belfast, Birmingham, Bucks, Cheshire, Clwyd, Cornwall, Derbyshire, Devon, Dorset, Edinburgh, Essex, Fife, Gwynedd, Hampshire, Hertfordshire, Isle of Wight, Kent, Leicestershire, London, Middlesex, Norfolk, North Yorkshire, Northumberland, Nottingham, Powys, Shropshire, Tyne & Wear, West Glamorgan, York, Co. Galway (Eire) and Goult (France).

**For further information please send a stamped addressed envelope to  
Ireene-Sointu, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT.  
Tel: 01639 841223 or e-mail: [mcl.ystalyfera@googlegmail.com](mailto:mcl.ystalyfera@googlegmail.com)**

**SEEKING CONTACT?** In addition to the MCL Contact Scheme detailed above, you are welcome to send in a one-off contact advert (up to 20 words plus your contact details) for free inclusion in *New Leaves*. Please send adverts to Ireene-Sointu at the address in the box above.

## **MCL ADDRESSES**

### **General Contact-Membership-Treasurer-Editorial Collective Contact Scheme**

Ireene-Sointu, MCL, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT, UK

Tel: 01639 841223, e-mail: [mcl.ystalyfera@googlemail.com](mailto:mcl.ystalyfera@googlemail.com)

### **Publications**

MCL c/o The Sumac Centre, 245 Gladstone St., Nottingham NG7 6HX, UK

Tel: 0845 458 9595, e-mail [mcl@veggies.org.uk](mailto:mcl@veggies.org.uk)

### **CONTRIBUTIONS TO THE NEXT NEW LEAVES TO BE RECEIVED BY 21ST JUNE**

should be typed or clearly hand-written and marked 'for *New Leaves*'. Any press cuttings/references should be recent and identified with name and date of the source publication. Food items promoted in articles and recipes should be appropriate to MCL's policy of encouraging use of produce that can be grown in the writer's local region, rather than imported crops.

### **ADVERTISEMENTS**

No responsibility taken by MCL for accuracy or reliability of advertisers.

10 words for 50p then 10p a word.

Copy for the next issue by the same date as other contributions, please.

Please make cheques payable to MCL.

**The Vegan Society**, inventors of the word and established since 1944, The Animal-Free Shopper, our comprehensive guidebook of vegan products, just £4.99 + £1.50 p&p. Donald Watson House, 21 Hylton Street, Hockley, Birmingham B18 6HJ. See [www.vegansociety.com](http://www.vegansociety.com). Email: [info@vegansociety.com](mailto:info@vegansociety.com) or phone 0845 458 8244. For help writing to local newspapers etc. please email Amanda: [media@vegansociety.com](mailto:media@vegansociety.com).

**Vegan Views** An informal forum for vegan views and news, subscription £5 for three issues. See [www.veganviews.org.uk](http://www.veganviews.org.uk) or SAE to 1 Church Hill, Woodlands, Dorset BH21 8LW. First issue produced by the new team now available (No 121), and includes an interview with Patrick Smith of Veggies, articles on speaking in schools, the new vegan film *Making the Connection*, and guerrilla gardening - plus letters, recipes, poems, cartoon, etc.

**Wales Vegan/Y Figan Cymreig**, bilingual (Welsh-English) magazine, £3 for 3 copies a year. Bron Yr Ysgol, Montpellier Park, Llandrindod, Powys.

**Veggies and Sumac Centre:** Catering for animal and social justice campaigns. Vegan cafe (Fri, Sat, Sun); vegan-organic demonstration garden; distribution of MCL booklets & leaflets; compilers of the *Animal Contacts Directory* (£5.80 incl. p&p / £5 unwaged). 245 Gladstone Street, Nottingham NG7 6HX. Tel: 0845 458 9595. [www.veggies.org.uk](http://www.veggies.org.uk).

**Sarah Two** welcomes women & anyone interested in growing fruit (field turning slowly into orchard) & vegan permaculture. Le Village, 09600 Dun, France. Tel. 00335 61604688.

**Do you live on the Isle of Wight?** I am considering a move to the island. Any advice gratefully received. Contact Lesley at [samles55@aol.co.uk](mailto:samles55@aol.co.uk)

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**Ranworth Guesthouse**, Church Road, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Telephone 01723 870366. Serving only vegan and vegetarian food. Established 1985. Pets and children welcome.

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## GIFT SUBSCRIPTIONS

Would you like *New Leaves* sent to someone as a gift? Do you think a friend or family member would enjoy reading about compassionate living? Do you know someone who is thinking about changing to a vegan lifestyle? Just fill in the form below with the person's details and complete the Gift Subscription line, then send in with the subscription payment and we will provide them with the next 4 issues of *New Leaves* as your gift to them.

## HOW TO JOIN MCL

For those who can afford it, we suggest an annual subscription of £5.00 for UK residents (*overseas subscribers – please add a further donation to cover extra postage costs*). Less will be accepted, however, and more will be welcomed – this will help us to send *New Leaves* to those who will read it and hand on the ideas but who cannot themselves afford a subscription. Such donations also help with the costs of stalls and meetings.

Payment by UK postal order or stamps, sterling cheque from a UK bank, or International Money Order. **Please make payable to MCL.**

Please complete the following (or a copy) **in clear writing** and send with your subscription payment to the Treasurer:

**Ireene-Sointu, MCL, 105 Cyfyng Rd., Ystalyfera, Swansea SA9 2BT, UK**

Name(s):

Full Address incl. postcode:

Telephone:

E-mail:

I/We enclose £..... for one year's subscription to MCL.

Signature(s):

Date:

Gift subscriptions: Please complete the above with the details of who you would like *New Leaves* sent to, then print your name clearly below:

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# PUBLICATIONS

## BOOKLETS (for bulk orders contact address below first)

Abundant Living in the Coming Age of the Tree	£2.00	
Self-reliant Tree-Based Autonomous Vegan Villages (STAVVs)	£1.00	
Recipes from "New Leaves"	£1.00	
More Recipes from "New Leaves" (includes quinoa and acorns)	£1.00	
Recipes for a Sustainable Future	£1.00	
Growing Our Own, Vegan-Organically	£1.00	
Food for Everyone (with pictures for posters)	£1.00	
Familiar and Unfamiliar Saladings	£1.00	
For Vegan Parents	£1.00	
Pioneers of Compassionate Living	£1.00	

## LEAFLETS

(Can be viewed, downloaded and printed from the MCL web site)

(1) MCL handout; (2) Introducing MCL; (3) Food & Agriculture; (4) Protecting the Environment; (5) Trees for a Future; (6) Feeding the World; (7) Animal Exploitation; (8) Health, Diet & Nutrition; (9) A Vision for a Compassionate World	4p each	
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**MCL c/o The Sumac Centre,**

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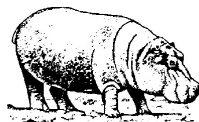
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