

EATING FOR THE EARTH



A Selection of vegetarian recipes

Compiled by Rhona Holmes



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ACKNOWLEDGEMENTS

The Earth's life support systems are under stress as never before. We all face the very real threat of losing our ability to enjoy a reasonable quality of life on Earth, where we can enjoy healthy food, clean air, and water.

This vegetarian recipe booklet arose out the urgent need for us, as humanity, to live more sustainably, and to consider the impact our lifestyles have on the environment, in the face of impending climate change. Reducing our meat consumption is a practical and easily achievable way in which anyone, who would like to make a personal contribution towards the preservation of our planet, may do so.

We would like to thank everyone who helped us compile this booklet and delved into their favourite cookbooks and contributed 'tried and tested' recipes. Special thanks and lots of love to Jessica Dowdall for the illustrations!

Rhona Holmes, Umgeni Valley, 2008

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EATING FOR THE EARTH

'The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global. The findings of this report suggest that it should be a major policy focus when dealing with problems of **land degradation, climate change and air pollution, water shortage and water pollution and loss of biodiversity.**'

(Excerpt from *Livestock's Long Shadow* -
a United Nations report released by the *Food and Agriculture Organisation* (FAO) on 29 November 2006)

The purpose of this Vegetarian Recipe booklet is to bring awareness to people of the impact that our diets have on our environment. By eating a vegetarian meal once or twice a week, we are making a significant contribution to the conservation of our life-support system
– the Earth.

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SOUPS AND SNACKS

CREAM OF BUTTERNUT SOUP

1 large butternut	3 onions
30 ml butter	2 carrots
15 ml sugar	500 ml vegetable stock
1 cinnamon bark	150 ml cream
seasoning to taste	

- Heat the butter and sauté the onions and leeks until soft, add sugar, sliced carrot and butternut. Cook 1 – 2 minutes
- Add vegetable stock, cinnamon bark and simmer for about 20 minutes. Remove bark.
- Cool slightly and puree lightly
- Re-heat adding most of the cream lightly to thicken and swirl over surface in each bowl.

"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet." —
Albert Einstein on Vegetarianism

POTATO AND LEEK SOUP

1 leek, chopped	1 onion, chopped
2 tbsp butter	6 large potatoes, peeled
vegetable stock	and diced
milk, warmed	grated nutmeg
salt and pepper	

- Fry leeks and onions in butter until soft. Simmer diced potatoes in stock until soft (use just enough stock to cover the potatoes). Season with salt and pepper.
- Liquidise until smooth.
- Add warmed milk. Adjust seasoning and re-heat.
- Serve with grated nutmeg!

GERMAN PEA SOUP

1 packet split peas	2 carrots, grated
2 onions, sliced	4 small potatoes, peeled
a pinch of thyme	chopped
1 tsp. flour	butter for frying
cheddar cheese, grated	croutons

- Add split peas to a pot of salted water. Add carrots, and 1 onion. Boil together until peas are soft.
- Fry the other onion with a little thyme until soft. Add to soup.
- Fry potatoes in butter until crisp on the outside, then put into the soup.
- Fry 1 teaspoon flour in butter until it starts to turn golden brown. Mix into the pot and simmer for 30 minutes.
- Serve with croutons and a little grated cheddar cheese on top.

GAZPACHO (serves 8)

1 x 410 g tin tomato soup	1 x 200 ml tin tomato cocktail
1 ½ stalks celery, chopped	
1/3 of a small English cucumber, chopped	
1 onion, finely chopped	1 clove garlic, crushed
½ avocado, peeled and cubed	
½ green sweet pepper, seeded and chopped	
10 ml dried or 30 ml chopped fresh parsley	
37 ½ ml wine vinegar	25 ml olive oil
salt and ground black pepper to taste	
2 ½ ml Worcester sauce	Tabasco sauce to taste

- Mix all the ingredients. Cover and refrigerate overnight. Serve cool, with slices of bread and butter.

MOROCCAN BEAN SOUP

1 cup/150 g chickpeas
1 cup/150 g other beans (of your choice)
2 cups/400 g tinned tomato
1 chopped onion
½ tsp saffron strands, soaked in a little water
½ tsp turmeric
½ tsp cinnamon
1 tsp ground ginger
2 tbsp fresh coriander
2 tbsp fresh parsley
juice of ½ a lemon
¼ - ½ tsp chilli powder
1 tbsp Flour
oil
salt and pepper



- Place chickpeas, beans, tomatoes, and onion into a saucepan, with the saffron (and its water), turmeric, cinnamon, ground coriander, salt and pepper, and lemon juice. Add 1 tablespoon each of fresh coriander and parsley.
- Pour enough water or stock to cover ingredients in saucepan. Bring to the boil and then simmer gently for 10-15 minutes until onion is soft.
- When ready, remove a little of the liquid and mix it with the flour to make a paste, and then stir this into the soup.
- Continue to cook the soup, stirring to blend the ingredients well, for a further 10 minutes or until cooked.
- Add the chilli powder and mix well, just before serving. Serve with remaining parsley and coriander sprinkled on top.

“Treat the earth well. It was not given to you by your parents. It was loaned to you by your children.” – *Old Kenyan Proverb*

TASTY TOAST SNACKS

SPECIAL AVO TOAST

Make as many pieces of toast as you will be needing, top with mashed avocado, seasoned to taste, squeeze some lemon juice onto the avocado, and generously crumble feta cheese onto the top. Enjoy!!

"If we eat the plants we grow instead of feeding them to animals, the world's food shortage will disappear virtually overnight. Remember that 100 acres of land will produce enough beef for 20 people but enough wheat to feed 240 people" – *Dr. Vernon Coleman - Food for Thought*

SWEETCORN / ASPARAGUS TOAST

Mix a tin of creamed sweetcorn or a tin of asparagus, with about a cup of grated cheese, and about a tablespoon of mayonnaise (to taste). Add salt and pepper to taste. Pop the mixture into the microwave and cook until the cheese has melted. Spoon mixture onto the toast and eat!

"It is, I think, not going too far to say that every fact connected with the human organization goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and of his digestive organs, as well as from the character of his skin, and the general structure of his limbs." *Thomas Bell, Anatomy, Physiology, and Diseases of the Teeth*

MAIN MEALS AND SIDE DISHES

BEAN SALAD

Buy and mix one small tin of each of:

Baked Beans

Green Beans

Butter Beans

Chop up and add to bean mix:

2 cloves garlic

1 green pepper

1 onion

Half a bunch of parsley

Mix and pour over the above:

½ a teaspoon salt

¼ cup each of sugar, oil, and vinegar.

Give it an hour or so to stand before serving.



"If you want to see an endangered species, get up and look in the mirror" – John Young, former Apollo astronaut.

BULGER, TOMATO, AND BLACK OLIVE SALAD

Dressing:

50 ml sunflower oil	50 ml olive oil
35 ml lemon juice	1 clove garlic, crushed
2 ml origanum	salt and pepper to taste

Salad:

250 g bulgur wheat	6 spring onions, finely chopped
25 ml chopped mint	100 ml finely chopped parsley
black olives, sliced	2 medium tomatoes, chopped

(*Optional: 50 ml fresh coriander, finely chopped)

- Cover bulgur with water and leave to soak for about 45 minutes. Drain, squeezing out all the moisture by hand.
- Put into large bowl and add onions, parsley, mint, (coriander)
- Pour prepared dressing over bulgur, toss, cover, and stand for 30 minutes.
- Adjust seasoning and add tomatoes and olives.

HUMMUS

2 cups chickpeas	3 cloves garlic, crushed
juice of 1 lemon	a little milk, and a little oil
salt and pepper to taste	2 tbsp fresh parsley, chopped

- Place all ingredients, except milk/oil, parsley, and seasoning into a food processor.
- Add 2 tablespoons of water or retained liquid from the chickpeas, whizz until smooth. Pour in milk, oil, and more retained liquid/water as required to make a dipping consistency. Season.
- Turn the mixture into a serving bowl and scatter the parsley over before serving.

Dr Edmund Leach has this to say about cooking: It isn't a biological necessity that you should cook food, it is a custom, a symbolic act, a piece of magic which transforms the substance and removes the contamination of 'otherness'. Raw food is dirty and dangerous; cooked food is clean and safe. So already, even at the very beginning, man somehow saw himself as 'other' than nature. The cooking of food is both as assertion of this otherness and a means of getting rid of the anxiety which otherness generates.

From a book called "The Evolution of Man" by David Pilbeam (published in 1970 by Thames and Hudson, London):

FELAFEL (may be served with Tzitziki)

750 ml cooked chickpeas	2 ml salt
2 cloves garlic, crushed	50 ml parsley, finely chopped
5 ml each ground cumin and ground coriander	
25 ml wholewheat flour	1 egg, beaten
oil for baking	

- Pre-heat oven to 180°C.
- Grind chickpeas in a food processor to a dry mealy mixture. Put into a bowl and add the salt, parsley, garlic, and spices.
- Sprinkle in flour, and bind with egg, then roll into about 15 small balls.
- Generously cover the bottom of a baking tray with oil, and heat in the oven. Roll balls in the hot oil and bake for 20 minutes.
- Turn carefully with a spatula. Raise heat to 220° and bake for about 15 minutes or until crispy and brown.

"When we tug at a single thing in nature, we find it attached to the rest of the world." – John Muir

"Here's a test you can try at home: put a two-year-old in a playpen with an apple and a rabbit. If it plays with the apple and eats the rabbit, you've got a carnivore." - *Dan Piraro*

EXOTIC LENTIL GREEN-BEAN DISH

1 onion, chopped	2 cloves garlic, chopped
1 knob ginger, grated	2 tsp cumin powder
$\frac{1}{2}$ green chilli, chopped	$\frac{1}{2}$ bunch table celery, finely chopped
1 big bunch green beans	2 cups cooked lentils
salt and pepper	a little oil for frying
coconut cream	

- Fry onion in oil. Add garlic, grated ginger, cumin powder, and green chilli. Fry all the ingredients together for a little while, then add the top half of a large table celery. Stir around, add half a cup of boiling water, put the lid on, and allow to cook.
- Meanwhile, top and tail green beans. Cut into two inch pieces. Toss into the pot, give a quick stir, then replace the lid, and cook for ONLY five minutes. Your green beans should still be crunchy.
- Now add cooked lentils, stir a bit, replace lid and cook for a further five minutes maximum.
- Season the dish to taste with salt and pepper, then serve in soup bowls with a quantity of coconut cream swirled into the middle.

The continued poverty of the majority of the planet's inhabitants and excessive consumption by the minority are the two major causes of environmental degradation. – UN Environment Program

GREEN BEANS AND MUSHROOMS (serves 4)

300 g green beans, topped and tailed and halved	½ onion, chopped
10 ml lemon juice	15 ml butter
5 ml cake flour	150g brown mushrooms, cut into strips
	5 ml paprika

- Boil green beans in water or stock for 10 – 12 minutes.
- Meanwhile, fry onion in melted butter until soft and transparent. Add mushrooms and fry for a few minutes. Sprinkle lemon juice over and simmer for a further 2 minutes.
- Mix flour and paprika and sprinkle over mushrooms.
- Cook for a few minutes, stirring constantly. Season to taste. Drain green beans and spoon into a serving dish. Add mushrooms to green beans and mix lightly.

If we do not change our direction, we are likely to end up where we are headed. – Chinese Proverb

SIMPLE SALAD DRESSING

3 tbsp. oil
3 tbsp. white vinegar or lemon juice
½ tbsp. sugar (or to taste)

*Optional: tsp of seeded mustard

*One is dearest to God who has no enemies among the living beings,
who is nonviolent to all creatures - Bhagavad Gita*

Extract from “Logical Environmental Reasoning for a Vegetarian Lifestyle” by Timothy B. Rutherford

One day while watching The Learning Channel (TLC), I learned that in the Biodome, all food was vegetarian. I was fascinated to find that because of limited resources, meat was left off of the menu. This was a group of scientists who had come to the conclusion that because of limited resources, vegetarianism was the most environmentally and economically friendly food-source. And it went beyond that, having the plants for food also converted the carbon dioxide to oxygen to give the Biodome breathable air.

The Biodome project is a “testing ground” for sustaining life during long space flights, on a space station, or on an in-hospitable planet. A group of scientists are given limited space, limited water, and limited resources and are contained in this “dome” for a length of time without any outside resources coming in or without inside waste coming out. It is a completely self-contained environment.

Given limited resources, just like our planet, scientists devised the best way to sustain life in a healthy and humane way. It was determined that plant sources for nutrition would be the best all-around answer for many reasons. For one thing, they don’t use much room. If they were to raise livestock in the Biodome, they would not only need a place to grow the plants, but also a place to grow the livestock. This would impede on the total equipment they could take with them as there would only be so much room. On top of that, not only would the crops need water but the livestock would need water, increasing their need for fresh water. And even further on from that, there would be a substantial increase in waste coming from not only the humans, but now the animals as well. Plus, they would need an area to slaughter the animals which would create an issue of leftover bones and the potential to cause bacteria and illness throughout the dome.

It was decided that a plant-based diet would make the most sense as it would take up a small amount of space, use a small amount of water, create little to no waste, would provide a pleasant and relaxing “green” environment within the dome and it would convert carbon dioxide to oxygen for fresh air.

Why is our planet any different? Isn’t our planet just a big Biodome? Our planet has limited resources just like the Biodome. Don’t the same rules apply? The Biodome is our planet, just on a smaller scale. By continuing to industrialize livestock all over our planet, we are using more and more of the Earth’s resources. Forests are being destroyed for livestock. Food that could be given to the Earth’s poor is being used to feed livestock. Water is being used to raise livestock which could be used for humans or crops. The Earth’s resources are being used and we’re burning the candle on both ends.

PAKISTANI POTATOES WITH YOGHURT

4 potatoes, diced	2 tomatoes, chopped
1tsp cumin seeds	¼ red chilli, finely sliced or
1 cup plain yoghurt	¼ tsp chilli powder
salt	2 tbsp fresh, chopped
	coriander

- Boil potatoes for about 10 minutes, until cooked. Drain
- Heat a pan with no oil, and gently toast the cumin seed, stirring, until they begin to pop.
- Put the yoghurt into a bowl, mix in cumin seed, chilli, coriander, and salt.
- Add potatoes and tomatoes to the yoghurt and mix well – may be served warm or cold.
-

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

INDIAN SAUTEED MUSHROOMS

225 g sliced mushrooms	1 onion, thinly sliced
½ -1 green chilli, deseeded chopped, and finely sliced	½ tsp fresh ginger, ½ tsp masala
2 tbsp lemon juice	1 tbsp fresh coriander, chopped
oil	salt and pepper

- Heat 2 tablespoon oil in a frying pan, and sauté chilli for 30 seconds, add the onion, and continue to sauté for 3 minutes.
- Add the ginger and stir for 30 seconds, then add the mushrooms. Stir-fry over a high heat for a couple of minutes until done.
- Just before you remove the pan from the heat, sprinkle on the masala and lemon juice, and season to taste with salt and pepper. Stir, sprinkle with fresh coriander, and serve.

COLOMBIAN CHEESY POTATOES

4 potatoes, cut into thick slices	1 onion, finely chopped
3 tomatoes, chopped	2 cups/225 g grated cheddar cheese
2 tbsp yoghurt or cream oil	salt & pepper

- Boil potatoes until soft. Drain and keep warm.
- Heat oil in a pan and sauté onions for 5 minutes, then add tomatoes and seasoning, and stir.
- Remove pan from heat, cool a little, and then pour in the yoghurt/cream to make a smooth mixture. Add cheese and cook gently, until it melts. Pour over the warm potatoes and serve.

"If beef is your idea of 'real food for real people,' you'd better live real close to a real good hospital." *Neal Barnard, M. D*

LITTLE SPINACH AND FETA PIES

225 g frozen pastry	900 g fresh spinach, finely chopped
1 onion, grated	225 g crumbled feta/cottage cheese
1 tsp nutmeg salt and pepper	2 eggs, beaten

- Heat oven to 200 °C
- Roll out pastry to ½ cm thick, and cut into circles, using a cookie cutter or a saucer for larger pies.
- Mix spinach (NB make sure it's dry!) with the other ingredients to make a stiff consistency.
- Spoon mixture onto one half of the pastry, fold the other half over the spinach, and seal edges with a fork. Pierce with a fork. Repeat until all the ingredients are used up.
- Place pies onto a baking sheet in the oven and cook for 10-15 minutes until golden brown. Serve with salad.

"A wise man changes his mind; a fool never will" – Spanish Proverb

SPANISH OMELETTE (Serves 4-6)

2 tbsp olive oil	1 large onion, thinly sliced
3 large potatoes (1kg), peeled and cubed	1 small green pepper, seeded and sliced
1 small red pepper, seeded and sliced	1 tbsp olive oil 8 eggs, lightly beaten
1/3 cup finely chopped chives	

- Heat oil in large, heavy-based pan; add the onion and potato. Cook over medium heat for 10 minutes or until the potato is cooked and golden brown. Remove from the pan; set aside.
- Take peppers and, cook over medium heat for 5 minutes. Add extra oil and the onion and potato mixture and continue to cook for 2 – 3 minutes, mixing gently to combine.
- Pour in eggs and cook over medium heat for 10 minutes or until set. Brown the top under a medium hot grill. Sprinkle with chives. Cut into wedges and serve.



To become vegetarian is to step into the stream which leads to nirvana. - Buddha.

SPINACH AND SESAME RICE (3 servings)

2 chopped onions	6 cloves garlic, chopped
2 tbsp Sesame seed	1 or 2 green pepper, chopped
2 cups brown or white rice	1 bunch chopped spinach/chard
½ tsp each of thyme, origanum, parsley, cumin	
1 vegetable stock cube	salt and pepper

- In a large pot, gently fry onions, garlic, and sesame seed.
- Add green peppers, rice, and spinach or chard. Stir.
- Add herbs.
- Add seasoning.
- Add 4 cups water and a (optional) vegetable stock cube.
- Simmer for 20 minutes if white rice or 40 minutes if brown rice.

*It is delicious as it is or you can add any of the following: cooked mushrooms, grated cheese, or some butter.

"The following diseases are commoner among meat eaters: anaemia, appendicitis, arthritis, breast cancer, cancer of the colon, cancer of the prostrate, constipation, diabetes, gallstones, gout, high blood pressure, indigestion, obesity, piles, strokes, and varicose veins. Lifelong vegetarians visit hospital 22% less often than meat eaters and for shorter stays. Vegetarians have a 20% lower blood cholesterol level than meat eaters and this reduces heart attack and cancer risks considerably." Dr. Vernon Coleman - *Food for Thought*

From the website “Cool People Care” Saving the world five minutes at a time.
By Jessica Banti
(Friday, July 19, 2008)

It is really cool to be "green" these days, and I think that's great. I don't really care that it is trendy; any inducement that gets people to recycle and conserve is ok with me. Nonetheless, for all the good that is developing out there, we don't hear very much about the severe environmental **problems** associated with meat production. So I'm going to hit you with some statistics now (all from the Better World Handbook). Watch out!

- We use nearly one quarter of the Earth's land to raise cattle. (This plays into the scarcity of food and world hunger that I will discuss later.)
- In the western U.S., cattle grazing is responsible for destroying or severely threatening more plant species than any other source and is the number one cause of soil erosion on public lands.
- Raising livestock for meat is a very inefficient use of our land. For example, one acre of land can produce: 50,000 pounds of tomatoes, 40,000 pounds of potatoes, 30,000 pounds of carrots, or only 250 pounds of beef.
- A vast amount of oil goes into meat production: it takes about one gallon of oil to produce one pound of beef.
- In addition, as water becomes scarce, it is worth noting the overwhelming amount of water that goes into meat production: it takes up to 10,000 gallons of water to produce one pound of beef. And it takes 420 gallons of water to produce a pound of chicken. In contrast, it takes only 25 gallons of water to produce one pound of wheat.
- Hog waste is a major contributor to water pollution in a number of states. In North Carolina, for example, 2.5 tons of hog waste is produced annually for every resident.
- Over-fishing has depleted or caused serious shortages in 13 of the world's 17 major fishing grounds.
- "Animal agriculture" accounts for 80% of the world's deforestation.
- According to a 2006 report published by the United Nations, raising livestock is one of the top contributors to environmental problems and accounts for 18% of greenhouse gas emissions – more than transportation.

As you can see, by simply opting for a meatless meal every now and then (or permanently), you'll be helping the planet.

"All wholesome food is caught without a net or a trap." *William Blake, on The Marriage of Heaven and Hell*

STUFFED GREEN PEPPERS

6 large green peppers	80 ml olive oil
1 onion, finely chopped	150 ml quick cooking,
1 large tomatoes, skinned chopped and seeded	long-grained white rice
salt and pepper to taste	50 ml chopped parsley
20 ml lemon juice	5 ml each dried dill and mint

- Cut a slice from stem end of peppers and reserve. Remove cores and seeds and rinse out shells.
- Heat 30 ml of oil, add onion and fry lightly, then add rice, tomatoes, parsley, seasoning and herbs. Mix well, then cover and simmer very gently for 15 mins.
- Spoon mixture loosely into peppers, about three quarters full, and arrange upright in small pan with lid.
- Mix 250 ml hot water with remaining oil and lemon juice, pour over and around peppers, re-position tops, then cover pan and simmer slowly for about 45 minutes or until soft. If necessary, add a little water.
- When done, cool in pan, spooning juices over until cold. Chill well, preferably over-night, before serving.

Men fed upon meat, and drinking strong drinks, have all an empoisoned and acrid blood which drives them mad in a hundred different ways. Their main insanity express in the fury of shed the blood of his brothers and to devastate fertile lands to rule over cemeteries. - Voltaire, on The Princess of Babylon, Chapter III

BEAN PATTY

2 cups cooked beans (either sugar or white kidney beans), drained and mashed
1 cup cooked brown rice
1 carrot, grated
1 small onion, finely chopped
2 cloves garlic, crushed
a little fresh ginger root, grated
(optional: corn, spinach, and/or celery)
1 tsp spicy chutney
salt and pepper
flour for thickening, and oil for frying

- Mash cooked beans into a firm, stiff paste, and work in rice.
- Mix carrot, onion, garlic, and ginger. Sweet corn may be added, as well a few leaves of spinach or some celery tops. Stir the vegetables into the bean mixture until well mixed. Add a teaspoon of spicy chutney and season generously. If the mixture needs a bit of stiffening, add a bit of flour.
- Roll a quantity of the mixture in your hand, dust with a little flour, and then flatten. Heat a little oil in a good frying pan and cook patties gently, allowing them to form a crispy crust. Pop into a hamburger roll, adding a slice of fresh tomato and a couple of lettuce leaves.

"A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral." - *Henry David Thoreau, On Civil Disobedience*

LENTIL CROQUETTES SERVED WITH MASHED POTATO BALLS AND A DELICIOUS MUSHROOM SAUCE

Lentil Croquettes

The croquettes are made by combining cooked, well drained black lentils with finely chopped onion and garlic and also finely chopped parsley. Add some fresh wholewheat bread, well crumbed, to bind the mixture, season with herbs like thyme and rosemary (fresh and finely cut). Form into croquette shapes, roll in white sesame seeds, then place on a shallow baking pan, brush lightly with a little olive oil and bake in a medium hot oven until done.

Potato Balls

Place several large, floury potatoes, peeled and quartered, in a pot of cold water and bring to the boil. Turn down the heat and simmer actively until the potatoes are soft. Drain off the extra water, but reserve it. Now mash the potatoes well, adding full cream milk, butter, salt and pepper to taste. The mash needs to be just stiff enough to shape into a soft ball.

Mushroom Sauce

Clean the mushrooms (brown is better for flavour), and chop into smallish pieces. Fry quickly at high heat in a combination of butter and olive oil until the mushrooms yield all their liquid, the liquid has evaporated and they are frying to a delicious golden brown. Mix two tablespoons of cream cheese with a quantity of fresh cream add salt and pepper and finely chopped chives, then toss the mixture over the mushrooms, removing from the heat almost immediately. Check seasoning.

To assemble, place two good scoops of mashed potato on the plate, top with three or four lentil croquettes and top with a tablespoon of hot chilli chutney. Pour mushroom sauce around them and serve hot!!

VEGETABLE COTTAGE PIE (serves 8)

25 ml each butter and sunflower oil
1 large onion, chopped
2 cloves garlic, crushed
4 medium carrots, julienned
2 sticks table celery, plus some leaves, chopped
1 green or red pepper, seeded and diced
250 g brown or white mushrooms, wiped and sliced
1 x 410 g can tomatoes, chopped, plus the juice
100mls chopped parsley
4 250 ml coarsely shredded spinach (about half a bunch)
2 ml sea salt and a big pinch of sugar
500 ml cooked brown rice
250 ml brown or green lentils
25 ml soy sauce
30 ml chopped fresh mixed herbs
potatoes mashed with a little milk and butter
250 ml grated cheddar cheese

- Use a large, deep saucepan in which to heat butter and oil. Sauté onion and garlic.
- Add carrots, celery, pepper, and mushrooms and toss until softening. Add tomatoes, parsley, spinach, salt and sugar, mix well, then cover and simmer until just cooked – for about 6 minutes. The mixture should be moist.
- Lightly fork in rice, lentils, soy sauce, and herbs and when combined, spoon into an oiled 30 cm x 20 cm baking dish. Cover with mashed potatoes, sprinkle with cheese, and bake on middle shelf of oven at 160 °C for 40 minutes.

"I do feel that spiritual progress does demand, at some stage, that we should cease to kill our fellow creatures for the satisfaction of our bodily wants." - *Mahatma Gandhi*.

NUTTY VEGETABLE RICE WITH STUFFED MUSHROOMS (serves 4)

Mushrooms

1 punnet large brown mushrooms (about 500g), wiped
2 spring onions, chopped
100 ml stale, finely crumbed brown or wholewheat breadcrumbs
12 needles fresh rosemary, finely chopped
30-40 ml thick mayonnaise
a pinch sea salt and black pepper to taste
sliced mozzarella or grated low-fat gouda or cheddar cheese
50 ml garlic butter

Rice

50ml sunflower oil
1 leeks, sliced
1 onion, chopped
2 sticks celery, plus a few leaves, chopped
1 red or yellow pepper, seeded and diced
100 ml toasted sunflower seeds or 150 ml chopped pecan nuts
100 ml chopped parsley
750 ml cooked brown rice
30 ml soy sauce

- Remove stalks and a little of the centre of each mushroom. Chop finely and mix with onions, breadcrumbs, rosemary, just enough mayonnaise to moisten, and salt.
- Lightly oil base of large baking dish and arrange mushrooms in it, hollows up. Season. Fill each mushroom with a spoon of the stuffing, then top with cheese. Put a small lump of garlic butter on each and bake at 180 °C for about 25 minutes until tender and cheese has melted.
- Meanwhile, heat oil and soften leeks and onion. Add celery and diced pepper and stir-fry over low heat until just tender.
- Fork in remaining ingredients for rice mixture. Heat through on very low heat.
- Spoon the rice into warmed serving dish. Top each serving of rice with two of the mushrooms, spooning juice over.



ITALIAN TOMATO SAUCE WITH FRESH HERBS

50 ml olive oil	2 large onions, chopped
2-4 cloves garlic, crushed	1 green pepper, seeded and diced
500 g ripe, juicy tomatoes, skinned and chopped	25 ml tomato paste
125 ml chopped fresh basil leaves	2 bay leaves
15 ml fresh, chopped origanum leaves	
15 ml fresh thyme leaves – stripped from stalk	
5 ml light brown sugar	salt and pepper to taste
1 ml paprika	100 ml chopped parsley
50 ml white wine	1 x 410 g can butter beans, drained
a couple of black olives, slivered.	

- Heat oil and lightly sauté onions, garlic and green pepper. Add remaining ingredients, except beans and olives, bring to the boil, then cover and simmer on low heat for about 30 minutes. Stir occasionally to mash tomatoes.
- Stir in beans and olives, and a dash of water if necessary, and heat through.
- Serve with pasta, a green salad and grated parmesan.

NUTTY RICE AND MUSHROOM CASSEROLE

(serves 6)

60 ml sunflower oil	1 onion, chopped
2 leeks, sliced	2 cloves garlic, crushed
250 g brown mushrooms, wiped and sliced	
4 young carrots, julienned	
2 sticks table celery, plus some leaves, chopped	
375 ml brown rice	125 ml chopped parsley
800 ml vegetable stock	5 ml salt and black pepper
30 ml soy sauce	30 ml chopped fresh herbs
125 ml toasted almond strips	
a few pats of butter	

Omelettes

8 – 10 eggs	salt and black pepper to taste
a little sesame oil	

- Heat oil in a large pan, and lightly fry onion, leeks, and garlic. Add mushrooms, carrots and celery and stir-fry for a few minutes until glistening, smelling good and beginning to soften.
- Spoon into a 20 cm x 30 cm baking dish. Add the rice, parsley, stock, seasoning, and herbs. Stir with a wooden spoon until well combined, then cover and bake at 160 °C for about 1 hour 10 minutes, until rice is cooked and stock absorbed. Fork in soy sauce, almonds, and butter.
- During the last few minutes of baking, make two omelettes by mixing eggs lightly with a little water, salt, and pepper. Do not over beat. Cook half the egg mixture in a greased pan at a time. When just set, tilt pan and roll omelette over a few times. Remove to plate and slice thinly. Arrange slices on top of casserole.
-

Dr. J. H. Kellogg "When we eat vegetarian food, we don't have to worry about what kind of disease the food died of. This makes a joyful meal!"

BEAN, CHEESE, AND TOMATO QUESADILLAS

6 Tortillas	2 cups/300g kidney beans
3 tomatoes, chopped	1 green pepper, chopped
1 onion, finely sliced	2 cups/225 g grated cheddar
$\frac{1}{2}$ tsp chilli powder	cheese
$\frac{1}{2}$ tsp ground cumin	oil
salt and pepper	

- Heat oven to 190°C
- Gently fry onion in oil for 5 minutes. Then add tomatoes, pepper, chilli powder, cumin, salt and pepper, and continue cooking for a further 5 minutes, stirring frequently.
- Now put in the beans, and heat through. Mash the beans partially with a fork, and mix all ingredients well.
- Spoon some of the mixture onto each tortilla, and roll up. Place tortillas onto a greased baking sheet.
- Scatter cheese on top of the tortillas, and bake for about 10-15 minutes until cheese has melted.



"It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind." - Albert Einstein, letter to Vegetarian Watch-Tower, December 27, 1930

RED WINTER CHICKPEA STEW

25 ml each butter and sunflower oil
1 large onion, chopped 2 cloves garlic, crushed
2 carrots, diced 1 red pepper, seeded and diced
2 cups brown mushrooms, wiped and sliced
1 tin of chopped, peeled tomatoes
125 ml parsley, chopped 2 ml each dried basil and thyme
 $\frac{1}{2}$ red chilli, deseeded and finely sliced
2 tins chickpeas 125 ml vegetable stock
salt and pepper

- Heat butter and oil in large saucepan. Stir-fry onion, garlic, carrots, red pepper, chilli, and mushrooms. Add remaining ingredients. Season, cover, and simmer for 30 minutes.
- Serve on a bed of brown rice.
(*Optional – sprinkle with grated cheddar cheese or chopped, fresh coriander.)

“Anything else you’re interested in is not going to happen if you can’t breathe the air and drink the water. Don’t sit this one out. Do Something.” – Carl Sagan

SAVOURY PASTRY (Makes two tarts)

230 g butter 1 egg yolk
1 tbsp iced water 230 g flour
2 tbsp vinegar

- Rub butter into flour.
- Mix egg, vinegar, and water together and add to flour to form your dough.
- Add more flour if necessary.

CHEESE AND ASPARAGUS QUICHE (Serves 6 – 8)

Crust

2 cups flour (1 white + 1 w/wheat)	2 ml salt
5 ml baking powder	100 ml butter (softened)
50 ml iced water / soda water	a squeeze of fresh lemon
10 ml cornflour	juice

- Sift flour, salt, and baking powder. Add butter and mix until crumbly. Add water and squeeze of lemon juice until dough forms a soft ball.
- Press into a 23cm flan tin. Bake at 200°C for 15 minutes. Remove and dust the base with cornflour. Allow to cool.

Filling

1 x 460 g tin asparagus tips (well drained) or fresh asparagus,
250 g smooth cottage cheese
2 ml salt and black pepper to taste
3 eggs
125 ml milk
125 ml cream
25 ml chopped parsley
paprika and grated cheddar cheese

- Arrange the asparagus on the base of the crust.
- Beat the cottage cheese with the salt and pepper.
- Beat in the eggs one at a time, followed by the milk, cream, and parsley.
- Pour carefully onto the crust and sprinkle with cheese and paprika.
- Reduce oven temperature to 180°C and bake for 45 minutes or until set.

"There are no passengers on spaceship earth. We are all crew."
– Marshall McLuhan

LENTIL AND VEGETABLE MOUSSAKA

(this recipe takes a fairly long time to prepare)

50 ml sunflower oil	1 large onion, chopped
2 cloves garlic, crushed	8 small baby marrows (200g) pared and sliced
1 red or yellow pepper, seeded and sliced	4 large tomatoes, chopped or a tin of tomatoes, chopped
375 ml lentils, rinsed	5 ml salt and pepper to taste
100 ml chopped parsley	2 ml dried basil, thyme origanum
10 ml brown sugar	half sunflower half olive oil for grilling brinjal
750 g brinjal, peeled chopped	

Sauce

40 ml sunflower oil and a nut of butter	50 ml flour
salt and pepper to taste	500 ml milk
375 ml cheese, grated	1 ml grated nutmeg
parmesan for topping	2 egg yolks, beaten

4 egg whites, stiffly whisked

- Heat 50 ml oil and lightly fry the onion. Add garlic, marrows, and pepper and allow to soften over medium heat. Add the tomatoes (plus juice if using a can), lentils, parsley, 750 ml water, seasoning, sugar, and dried herbs. Bring to the boil, cover, and simmer very gently for about an hour, stirring occasionally. The lentils should be soft, and the vegetable mixture thick and juicy.
- Grill brinjals while vegetables are cooking - first rinse the brinjal slices, then pat very dry with paper towel. Cover one large biscuit tray with a fairly thin layer of oil. Arrange brinjal slices one layer thick on the biscuit tray – turning to coat in the oil, and put under the grill for about 15 minutes or until they are browned, turning once.
- Make the sauce just before assembling. Heat butter and oil. Add flour and cook, stirring until nut-brown. Slowly stir in milk and when thickened, remove from the stove, and add seasoning and 200 ml of the cheese. Pour a little of the hot sauce onto the yolks, mix and then stir into the rest of sauce. Fold in stiffly whisked whites.
- Cover a baking dish with half the brinjal. Top with half the lentil mixture. Sprinkle remaining cheese over the lentil mixture, then lay the second half of the brinjal, followed by second half of the lentil mixture on top. Spoon fluffy white sauce over the top, sprinkle with parmesan and bake at 180°C for about 45 minutes until golden brown and puffy.

MOUTH-WATERING MOUSSAKA (Serves 4)

2 large brinjals	500 ml white sauce
250 ml grated cheese	500 g mushrooms
oil for frying	large onion
3 cloves crushed garlic	5 ml all spice
tsp sugar	2 tbsp fresh marjoram
2 tbsp fresh basil	30 ml tomato paste
1 can chopped tomatoes	½ tsp salt
black pepper	125 ml soft breadcrumbs mixed with a tbsp parmesan

- Slice brinjals and sprinkle salt over. Leave for 30 minutes.
- Fry brinjal in a pan until browned and softened.
- Fry sliced mushrooms with a knob of butter over high heat (don't let the water out and make them soggy).
- Make the white sauce (about 80g butter with a third of a cup of flour, and milk) and add the grated cheese.
- Make the tomato sauce with chopped onion sautéed with garlic, then cooked on low heat for about 10 minutes. Add tomato paste, tin of tomato, sugar, all spice, seasoning, herbs, and mushrooms.
- In a greased dish, place a layer of brinjal, sprinkle with salt and pepper, then a layer of the tomato mixture and then a layer of cheese sauce. Repeat if enough quantity, ending with the cheese sauce at the top. Sprinkle the breadcrumb mixture over the top.
- Bake for 40 minutes.

“Everyone who considers themselves a realist will be forced to justify their behavior in light of their contribution toward the preservation of the environment.” – *Ernst von Weizacker*

PILAFF

250 ml basmati rice	25 ml butter
Half teaspoon salt	1 large chopped onion
clove crushed garlic	600 ml vegetable stock
1 star anise	5 ml turmeric
125 ml chopped dates	125 ml toasted slivered
250 ml frozen sweetcorn/peas	almonds
15 ml lemon juice	5 ml sugar
30 ml chopped fresh mint	

- Sauté the onion in the butter until soft.
- Add garlic and cook for two minutes.
- Add rice, stock, turmeric, star anise, and salt.
- Simmer for 10 minutes, stir in dates, almonds, lemon juice and sugar and cook for another 10 minutes until almost dry.
- Add sweetcorn or peas and steam until cooked.
- Add mint just before serving.



“Human history becomes more a race between education and catastrophe.” – H.G. Wells

“Our world has enough for each person’s need, but not for his greed.” - *Mahatma Gandhi*

TZIZIKI

2 cups plain yoghurt	1 cucumber, peeled, seeded, and grated
a pinch or two of salt	
$\frac{1}{4}$ cup fresh mint, chopped	3 cloves fresh garlic, crushed

- Mix all the ingredients together well.
- Refrigerate for an hour or two before serving!

We have forgotten who we are, we have lost our sense of wonder and connectedness, we have degraded the earth and our fellow creatures, and we have nowhere else to go.....” – *Earth Charter*

PUREE (little flat bread)

2 cups flour	2 tbsp oil
8 tbsp water	salt

- Knead flour, oil, water, and salt to make stiff dough. Keep aside for 5-10 minutes, wrapped in a damp cloth.
- Then, make a little ball from some of the dough, and roll out very thin, to make a circle about 7, 5 cm diameter. Repeat until all the mixture is used up.
- Heat an amount of oil in a pan (enough to push the puree under), and fry the purees, for 1-2 minutes until puffed up and lightly browned. Turn so that both sides are evenly cooked.
- Drain on a paper towel and serve hot.

VEGETABLE CURRY

6 tbsp cooking oil	2.5 cm cinnamon stick
3 cloves	2 black peppercorns
2 cardamom pods	1 large onion, sliced
2 cloves garlic, crushed	5 small potatoes peeled & halved
3 carrots, peeled and cut into 1 inch squares	
2 tsp salt	1 tsp turmeric
½ cauliflower, divided into florets	
1 green pepper, deseeded and cut into 1 inch squares	
2 tsp chilli powder	2 tbsp ground coriander
1 tsp sugar	1 cup water
1 can tomatoes	3 tbsp tomato puree
125 g frozen peas	½ tsp garam masala

- Heat oil in a heavy-based pan, and add cinnamon, cloves, black peppercorns, cardamom, onion, and garlic. Stir-fry for 1 minute, then add potatoes, carrots, salt, and turmeric, and mix well.
- Reduce heat, cover, and cook for 10 minutes, stirring occasionally. Add cauliflower, green pepper, chilli powder, coriander, sugar, and water and cook, covered, for 5 minutes.
- Add tomatoes, tomato puree, and peas, and cook for another 10 minutes. If there is excess liquid in the pan, boil away with the lid off.
- Sprinkle with garam masala and serve.

“Only after the last tree has been cut down. Only after the last river has been poisoned. Only after the last fish has been caught. Only then will you find that money cannot be eaten.” – Cree Indian Prophecy

“The ecological crisis is doing what no other crisis in history has ever done – challenging us to a realization of a new humanity.” –
Jean Houston

DALL (serves 4)

125 g toor dall (split peas)	1.5 lt. boiling water
1 tsp fenugreek seed	1 green chilli
2 tbsp brown sugar	1 can tomatoes
2,5 cm root ginger	2 tbsp oil
1 whole dry red chilli	1 tsp mustard seeds
1 tsp cumin	2 tsp salt
1 ½ tsp chilli powder	1 tsp turmeric
2 tbsp ground coriander	juice of 1 lemon
3 tbsp chopped fresh coriander for serving.	

- Soak dall in a little boiling water for 10 minutes. Wash, drain, and bring to boil in a heavy-based pan with 1,5lt. boiling water and the fenugreek seed. Cook for about 1 hour or until dall is cooked and mushy. Whisk thoroughly and continue to simmer gently.
- Split the green chilli lengthways, and add to the pan with the sugar.
- Mince the tomato and ginger together.
- In another pan, heat the oil, add the whole dry red chilli, and then add the cumin and mustard seeds – allow to pop.
- Remove from the heat, and add tomato and ginger. Bring to the boil, add the salt, chilli powder, turmeric, ground coriander, and simmer for 5 minutes.
- Add tomato mixture to the dall and simmer for another 10 minutes. Add lemon juice, and adjust seasoning to taste.
- Sprinkle with fresh, chopped coriander, and serve.

“Plans to protect air and water, wilderness and wildlife are in fact plans to protect man.” – *Stewart Udall*

Albert Einstein said, "I think the changes and purifying effects that a vegetarian diet have on a human being's disposition are quite beneficial to mankind. Therefore, it is both auspicious and peaceful for people to choose vegetarianism."

YOGHURT CURRY

450 g small potatoes	4-6 small onions
2 tomatoes	4 black peppercorns
3 cloves garlic, peeled	½ tsp fresh ginger, chopped
4 tbsp plain yoghurt	½ green chilli, deseeded and pinch
sugar	finely chopped
oil	salt

- Boil potatoes and onions, for 10 minutes, or until soft; drain.
- Heat a little oil in a frying pan. Add peppercorns, ginger, and garlic, stir. Fry for a minute then add sugar.
- Add whole tomatoes, and onions, and fry for 3-4 minutes
- Pour in 1 cup water and bring to the boil before adding potatoes. Season with salt. Cook for 10 minutes or until there is no moisture left.
- Now put the yoghurt into a cup, add a pinch of salt and 2 drops of oil – mix well to make a paste and pour over the potatoes and tomatoes, together with the chopped green chilli – serve!

"No humane being, past the thoughtless age of boyhood, will wantonly murder any creature which holds its life by the same tenure that he does." - *Henry David Thoreau*

DESSERTS, CAKES AND BISCUITS

BREAD AND BUTTER PUDDING

2 cups milk	1 ¼ cups thick cream
5 ml vanilla essence	Slices bread (few days old)
90 g unsalted butter	1/3 cup sultanas
6 egg yolks	½ cup castor sugar
1 tbsp freshly grated nutmeg	
1/3 cup brown sugar	

- Mix milk, cream, and vanilla essence.
- Butter bread liberally, cut diagonally and arrange in buttered, shallow ovenproof dish, scattering with sultanas as you go.
- Whisk the egg yolks and caster sugar in a large bowl, until pale and creamy. Whisk in milk and cream.
- Pour evenly over bread and leave to soak for 20 minutes
- Pre-heat oven to 180°C.
- Sprinkle nutmeg and brown sugar over the pudding, and place in the oven for 45 minutes or until cooked. Check regularly to avoid burning.



"I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other when they came in contact with the more civilized." - *Henry David Thoreau (On Walden)*

RICE PUDDING

45 g butter	$\frac{1}{2}$ cup short-grain rice
$\frac{1}{2}$ cup castor sugar	1 $\frac{1}{4}$ cups cream
2 $\frac{1}{2}$ cups milk	freshly grated nutmeg to sprinkle

- Pre-heat oven to 160°C.
- Grease an ovenproof dish with a third of the butter.
- Put the rice, caster sugar in the prepared dish and mix in the milk and cream.
- Cut remaining butter into little pieces and float on surface of the pudding.
- Grate the nutmeg onto the pudding.
- Place dish on centre shelf of oven, and bake for 2 hours, or until the top is golden brown and pudding is just set.
- Serve while still hot!

In fact, my best year of track competition was the first year I ate a vegan diet. Moreover, by continuing to eat a vegan diet, my weight is under control, I like the way I look...I regained my energy. I was drinking 24 to 32 ounces of juice a day. I ate no dairy products. And I had my best year as an athlete ever! I know that many people think that eating a vegetarian diet - and especially a vegan diet will require sacrifice and denial. Jannequin Bennett demonstrates in this book that eating vegan does not have to be tasteless and boring."

Excerpt from Carl Lewis' introduction to Very Vegetarian, by Jannequin Bennett

'HOT DATE' PUDDING

Pudding ingredients

250 g dates, stoned	1 tsp bicarbonate of soda
1 cup boiling water	115 g butter
200 g sugar	2 eggs, beaten
240 g flour	1 tsp baking powder
½ tsp salt	1 cup chopped pecan nuts

Syrup ingredients

250 g sugar	15 g butter
¾ cup water	1 tsp vanilla essence
pinch salt	

- Pre-heat oven to 180°C.
- Cut up the dates, and mash well with a fork.
- Add bicarb. to the date mixture, and pour boiling water over the mixture.
- Soak until dates are well softened. Mix well and leave to cool. Once cooled cream dates together with the butter and sugar.
- Add beaten eggs and mix well.
- Sift together flour, baking powder, and salt, and fold into the date mixture.
- Add nuts and mix all ingredients thoroughly.
- Place mixture in a large, ovenproof dish and bake for 40 – 50 minutes, or into two tart plates and bake for 35 minutes.
- To make the syrup: heat the sugar, butter and water together, and stir until sugar is dissolved.
- Boil for 5 minutes, then remove from heat and add vanilla essence, and salt.
- Pour syrup over the hot pudding as it comes out of the oven.
- Serve hot or cold with cream or ice cream.

FRUITY BRAN MUFFINS (makes 18)

Half cup cooking oil	2 eggs
1 cup brown sugar	1 tsp vanilla essence
2 ½ cups of self raising flour	2 cups bran
1 cup fruit cake mix or raisins	1 cup chopped dates
4 tsp bicarb.	2 cups milk
1 tsp salt	

- Whisk oil, eggs, sugar, essence, and milk together. Add the remaining ingredients and mix well.
- Spoon into greased muffin tins, and bake at 180°C, for 10-15 minutes.

"Until he extends the circle of his compassion to all living things, man will not himself find peace." - *Albert Schweitzer – The Philosophy of Civilisation*

• ABSOLUTELY NEVER FAIL CAKE

360g self-raising flour	300g castor sugar
5ml salt	125g butter (can be melted)
2 eggs	200ml milk
5ml vanilla essence	

Varieties:

Chocolate — add 50g of cocoa to above plus (optional) chocolate chips or grated chocolate.

Orange — juice of an orange or two, rind finely grated into mixture.

- Place all ingredients in a mixing bowl and mix, pour into greased tins or one large tin.
- Bake about 30 or more minutes or until edges come away from the tin. (Keep your eye on it.)

CHOCOLATE CAKE IN A BEER BOX

- ***Boil the following:***

500 ml water
6 heaped tbsp cocoa

150 ml oil
2 tsp vanilla

- ***Beat together:***

3 cups castor sugar

8 eggs

- ***Fold in:***

3 ½ cups flour

6 tsp baking powder

- Add boiled chocolate mixture.
- Pour into beer box lined with foil (shiny side down).
- Bake at 180°C for 40 – 50 minutes.

ORANGE BISCUITS

½ cup butter (room temp.)	1 ¾ cups plain flour
1 cup sugar	1 tbsp cornflour
2 egg yolks	½ tsp salt
1 tbsp fresh orange juice	1 tsp baking powder
grated rind of one large orange	

- Cream butter and sugar until light and fluffy, then add egg yolks, orange juice, and rind. Continue beating until well blended.
- In a separate bowl – sift together flour, cornflour, salt, and baking powder. Add to the butter mixture, and mix to form a dough. Wrap the dough in greaseproof paper and chill for 2 hours.
- Pre-heat oven to 190°C. Grease two baking sheets. Roll spoonfuls of dough into balls and place on baking sheets about 3 - 5 cm apart.
- Press down with a fork to flatten. Bake for 8 – 10 minutes, until golden brown. Remove from baking sheets and place on wire rack to cool.

PEANUT BUTTER BISCUITS

1 ¼ plain flour	1 cup brown sugar
½ tsp bicarbonate of soda	1 egg
1 tsp vanilla essence	½ tsp salt
1 ¼ cup peanut butter	½ cup butter (room temp.)
½ cup chopped peanuts (optional)	

- Sift together flour, bicarb., and salt, and put to the side.
- In another bowl, cream butter and sugar.
- In a third bowl, egg and vanilla, and slowly beat into the butter/sugar mixture.
- Stir in peanut butter, (and chopped peanuts), and blend together.
- Stir in flour mix to form a dough. Chill for half an hour.
- Pre-heat oven to 180°C.
- Roll spoonfuls of dough into balls and place onto 2 greased baking sheets about 3 - 5 cm apart.
- Press down with a fork to flatten.
- Bake for 12-15 minutes, until lightly coloured.
- Remove from baking sheets and place on wire rack to cool.

Half the rainforests in the world have been destroyed to clear ground to graze cattle to make beef-burgers. The burning of the forests contributes 20% of all green-house gases. Roughly 1,000 species a year become extinct because of the destruction of the rainforests. Approximately 60 million people a year die of starvation. All those lives could be saved because those people could eat grain used to fatten cattle and other farm animals - if Americans ate 10% less meat. - Dr Vernon Coleman-Food for Thought

QUICK MICROWAVE BANANA PUDDING

- Chop banana and place in microwave-proof bowl
- Pour honey over the banana, and cook in microwave until banana swells.
- Pour cream over the honey and banana, sprinkle with cinnamon
- And serve!

"Man alone consumes and engulfs more flesh than all other animals put together. He is, then, the greatest destroyer, and he is so more by abuse than by necessity. Instead of enjoying with moderation the resources offered him, in place of dispensing them with equity, in place of repairing in proportion as he destroys, of renewing in proportion as he annihilates, the rich man makes all his boast and glory in consuming, all his splendour in destroying, in one day, at his table, more material than would be necessary for the support of several families. He abuses equally other animals and his own species, the rest of whom live in famine, languish in misery, and work only to satisfy the immoderate appetite and the still more insatiable vanity of this human being who, destroying others by want, destroys himself by excess. - *George Buffon, L'Histoire Naturelle*

LEMON JUICE

Use equal quantities of white sugar and lemon juice.

- Heat together, stirring, on stove.
- Remove before boiling (important).
- Dilute one to nine or 10.

Leo Tolstoy said, "As long as there are slaughterhouses there will be battlefields. A vegetarian diet is the acid test of humanitarianism."

Livestock's Long Shadow

Environmental Issues and Options

The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global. The findings of this report suggest that it should be a major policy focus when dealing with problems of **land degradation, climate change and air pollution, water shortage and water pollution and loss of biodiversity.**

Growing populations and incomes, along with changing food preferences, are rapidly increasing demand for livestock products, while globalization is boosting trade in livestock inputs and products. **Global production of meat is projected to more than double from 229 million tonnes in 1999/01 to 465 million tonnes in 2050, and that of milk to grow from 580 to 1 043 million tonnes.** The environmental impact per unit of livestock production must be cut by half, just to avoid increasing the level of damage beyond its present level.

Land degradation

The livestock sector is by far the single largest anthropogenic user of land. The total area occupied by grazing is equivalent to 26 percent of the ice-free terrestrial surface of the planet. In addition, the total area dedicated to feed crop production amounts to 33 percent of total arable land. In all, livestock production accounts for 70 percent of all agricultural land and 30 percent of the land surface of the planet. Expansion of livestock production is a key factor in deforestation, especially in Latin America where the greatest amount of deforestation is occurring – 70 percent of previous forested land in the Amazon is occupied by pastures, and feed crops cover a large part of the remainder. About 20 percent of the world's pastures and rangelands, with 73 percent of rangelands in dry areas, have been degraded to some extent, mostly through overgrazing, compaction and erosion created by livestock action.

Atmosphere and climate

With rising temperatures, rising sea levels, melting icecaps and glaciers, shifting ocean currents and weather patterns, climate change is the most

serious challenge facing the human race. **The livestock sector is a major player, responsible for 18 percent of greenhouse gas emissions measured in CO₂ equivalent. This is a higher share than transport.**

The livestock sector accounts for 9 percent of anthropogenic CO₂ emissions. The largest share of this derives from land-use changes – especially deforestation – caused by expansion of pastures and arable land for feed crops. Livestock are responsible for much larger shares of some gases with far higher potential to warm the atmosphere. The sector emits 37 percent of anthropogenic methane (with 23 times the global warming potential (GWP) of CO₂) most of that from enteric fermentation by ruminants. It emits 65 percent of anthropogenic nitrous oxide (with 296 times the GWP of CO₂), the great majority from manure. Livestock are also responsible for almost two-thirds (64 percent) of anthropogenic ammonia emissions, which contribute significantly to acid rain and acidification of ecosystems.

Water

The world is moving towards increasing problems of freshwater shortage, scarcity and depletion, with 64 percent of the world's population expected to live in water-stressed basins by 2025.

The livestock sector is a key player in increasing water use, accounting for over 8 percent of global human water use, mostly for the irrigation of feed crops. **It is probably the largest sectoral source of water pollution, contributing to eutrophication, “dead” zones in coastal areas, degradation of coral reefs, human health problems, emergence of antibiotic resistance and many others.** The major sources of pollution are from animal wastes, antibiotics and hormones, chemicals from tanneries, fertilizers and pesticides used for feed crops, and sediments from eroded pastures. Global figures are not available but **in the United States, with the world’s fourth largest land area, livestock are responsible for an estimated 55 percent of erosion and sediment, 37 percent of pesticide use, 50 percent of antibiotic use, and a third of the loads of nitrogen and phosphorus into freshwater resources.**

Livestock also affect the replenishment of freshwater by compacting soil, reducing infiltration, degrading the banks of watercourses, drying up floodplains and lowering water tables. Livestock's contribution to deforestation also increases runoff and reduces dry season flows.

Biodiversity

We are in an era of unprecedented threats to biodiversity. The loss of species is estimated to be running 50 to 500 times higher than background rates found in the fossil record. Fifteen out of twenty four important ecosystem services are assessed to be in decline. Livestock now account for about 20 percent of the total terrestrial animal biomass, and the 30 percent of the earth's land surface that they now pre-empt was once habitat for wildlife.

Indeed, the livestock sector may well be the leading player in the reduction of biodiversity, since it is the major driver of deforestation, as well as one of the leading drivers of land degradation, pollution, climate change, over fishing, sedimentation of coastal areas and facilitation of invasions by alien species. In addition, resource conflicts with pastoralists threaten species of wild predators and also protected areas close to pastures. Meanwhile in developed regions, especially Europe, pastures had become a location of diverse long-established types of ecosystem, many of which are now threatened by pasture abandonment. Some 306 of the 825 terrestrial eco-regions identified by the Worldwide Fund for Nature (WWF) – ranged across all biomes and all biogeographical realms, reported livestock as one of the current threats. Conservation International has identified 35 global hotspots for biodiversity, characterized by exceptional levels of plant endemism and serious levels of habitat loss. Of these, 23 are reported to be affected by livestock production. An analysis of the authoritative World Conservation Union (IUCN) Red List of Threatened Species shows that most of the world's threatened species are suffering habitat loss where livestock are a factor.

(Excerpt from “Livestock’s Long Shadow”

Environmental Issues and Options – a United Nations report released by the Food and Agriculture Organisation of the United Nations (FAO) on 29 November 2006 (* A copy of the complete report is available at:

www.fao.org/docrep/010/a0701e/a0701e00.htm

In the interests of sustainability, this text has been printed with soya ink, using solar energy and a Riso CZ100 printer.

FAMOUS VEGETARIANS

Abraham Lincoln; AC Bhaktivedanta Swami Prabhupada, founder of ISKCON/Hare Krishna; **Adam Ant, musician;** Alanis Morissette, singer; **Albert Einstein, scientist;** Albert Schweitzer, theologian, philosopher, and physician; **Allen Ginsberg, poet**; Alyssa Milano, actress; **Anne Hathaway, actress;** Aristotle, Greek philosopher; **Ashley Judd, actress;** Avril Lavigne, singer; **Barry White, musician;** Billie Jean King, tennis player; **Billie Joe Armstrong, musician of Greenday;** Billy Idol, musician; **Billy Martin, musician of Good Charlotte;** Boy George, singer; **Brad Pitt, actor;** Brandon Boyd, musician of Incubus; **Brian May, musician ex-Queen;** Brigitte Bardot, actress; **Brooke Shields, actress;** Bryan Adams, singer; **Buddha, Indian Saint and Spiritual Master;** Candice Bergen, actress; **Charles Darwin, scientist;** Charlotte Bronte, novelist; **Chris Evert, tennis legend;** Christy Turlington, supermodel; **Claudia Schiffer, supermodel;** Clint Eastwood, actor; **Daryl Hannah, actress;** Deepak Chopra, author and doctor; **Diane Keaton, actress;** Diogenes, Greek philosopher; **Doris Day, actress;** Dustin Hoffman, actor; **Eddie Vedder, singer of Pearl Jam;** Elijah Wood, actor; **Emily Dickinson, writer and poet;** Epicurus, Greek philosopher; **Forest Whitaker, actor;** Franz Kafka, Jewish writer; **Gandhi, Hindu spiritual leader;** George Harrison, musician of the Beatles; **George Bernard Shaw, writer;** H.G. Wells, writer; **Henry David Thoreau, poet and writer;** Immanuel Kant, philosopher; **Jamie Lee Curtis, actress;** Jane Goodall, primatologist; **JD Salinger, American novelist;** Jean-Jacques Rousseau, philosopher; **Jiddu Krishnamurti, spiritual teacher;** Joan Armatrading, singer; **Joan Baez, folk singer;** Joaquin Phoenix, actor; **Joel, musician of Good Charlotte;** John Cleese, actor and comedian; **John Lennon, Beatles singer;** Johnny Cash, country musician; **Julie Christie, actress;** K D Lang, singer; **Kate Bush, singer;** Kate Winslet, actress; **Kim Basinger, actress;** Kirk Hammett, musician of Metallica; **Krist Novoselic, musician for Nirvana;** Larry Hagman, actor; **Leo Tolstoy, Russian writer and philosopher;** Leonard Cohen, singer; Leonardo Da Vinci, Italian painter and inventor; **Lisa Kudrow, actress;** Lord Byron, writer; **Mark Twain, writer;** Martina Navratilova, tennis player; **Marty Feldman, comedian of Life of Brian;** Mary Shelley, novelist; **Mary Tyler Moore, actress;** Michael Bolton, singer; **Moby, musician;** Morrissey, singer; **Oliver Stone, film director;** Orlando Bloom, actor; **Pamela Anderson, actress;** Paramahansa Yogananda, spiritual teacher; **Paul McCartney, Beatles guitarist;** Paul Newman, actor; **Pauly Shore, actor;** Percy Bysshe Shelley, writer; **Peter Gabriel, singer;** Peter Sellers, actor and comedian; **Phil Lesh, musician of The Grateful Dead;** Pierce Brosnan, actor; **Pink,singer;** Plato, Greek philosopher; **Plutarch, Greek philosopher;** Porphyry, Greek philosopher; **Prince, musician;** Pythagoras Greek mathematician; **Rabindranath Tagore, Indian philosopher;** Ralph Waldo Emerson, writer and poet; **Ramana Maharshi, Indian Saint and Spiritual Master;** Richard Gere, actor; **Ringo Starr, musician of Beatles;** River Phoenix, actor; **Robert Redford, actor;** Robin Gibb, musician of Bee Gees ; **Saint David, Christian Welsh Saint;** Saint Francesco d'Assisi; **Samuel L. Jackson, actor;** Sant Kirpal Singh Ji, Indian Saint and mystic; **Scott Adams, cartoonist - creator of 'dilbert';** Serj Tankian, musician of System of a Down; **Shania Twain, singer;** Sinead O'Connor, singer; **Sir Isaac Newton, physicist;** Socrates, Greek philosopher; **Spike Milligan, comedian;** Sri Sri Ravi Shankar, Spriritual leader; **Suzanne Vega, singer;** Thom Yorke, singer of Radiohead; **Thomas Alva Edison, inventor;** Tracy Chapman, singer; **Uri Geller, actor and trick performer;** Vincent van Gogh, artist; **Voltaire, French writer and philosopher;** Willem Dafoe, actor; **William Blake, writer;** Woody Harrelson, actor; **Yoko Ono, artist and wife of Beatles John Lennon**