OMNI

VEGETARIAN ACTION NEWSLETTER #39

JULY 12, 2017.


Edited by Dick Bennett for a Culture of Peace, Justice, and Ecology

http://omnicenter.org/donate/

OMNI’s JULY VEGETARIAN POTLUCK is Wednesday, JULY 12, at OMNI, Center for Peace, Justice, and Ecology (2ND Wednesdays). We start eating at 6:00. All are welcome.

You may want to enjoy and discuss some old or new vegetarian or vegan recipes, to talk about healthier food, or you are concerned about cruelty to animals or warming and climate change. Whatever your interest it’s connected to food; whatever your motive, come share vegetarian and vegan food and your views with us in a friendly setting. But this evening we have a special guest and event: Learning about Fermentation with Shari.

If you are new, get acquainted with OMNI’s director, Gladys Tiffany. OMNI is located at 3274 Lee Avenue parallel to N. College east of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600.

Contents: July Vegetarian Action Newsletter, July 12, 2017
PROGRAM: SHARI WITHEY ON FERMENTATION

Shari Withey from Willow Bend Garden will offer a fermentation workshop after our July 12 Potluck meal. Dinner starts at 6:00, workshop at 6:30.

Please bring: veggies and herbs from your garden, market vendor or health food store, one or two jars, filtered water (Healthy Grocers has a gallon for 25 cents) ...Shari will bring all the magic to make your own batch of fermented probiotic veggies.

Probiotics come in many forms. Fermenting our in season produce is a great way to preserve, increase nutritional value and enhance flavors of our bounty. Remember the deli pickles from the barrel???? well they were fermented. That is what Shari will teach us how to do w/ our own harvest. Be creative; if you like it raw you will love it fermented.

We will ask for a small offering to make sure costs are covered for the fermentation workshop. A basket will be put out so folks can make a donation. If you’re short of time, we’ll have extra veggies and water.

Fermentation is as old as life itself. At some point, humans learned to guide the process to repeat especially tasty results. These processes have been handed down and passed around, creating beloved foods and national dishes. The most familiar fermented foods are made using lacto-fermentation.

LACTIC BACTERIA

Most people think about beer or wine when they hear the term fermentation. While certain yeasts are used to convert the sugars in grape juice or grains into alcohol, it is bacteria that are responsible for lacto-fermentation. The “lacto” portion of the term refers to a specific species of bacteria, namely Lactobacillus. Various strains of these bacteria are present on the
Lactobacillus bacteria have the ability to convert sugars into lactic acid. The Lactobacillus strain is so named because it was first studied in milk ferments. These bacteria readily use lactose or other sugars and convert them quickly and easily to lactic acid. However, lacto-fermentation does not necessarily need to involve dairy products.

Lactic acid is a natural preservative that inhibits the growth of harmful bacteria. (Read more about preserving food with lacto-fermentation.) Beyond preservation advantages, lacto-fermentation also increases or preserves the vitamin and enzyme levels, as well as digestibility, of the fermented food. In addition, lactobacillus organisms are heavily researched for substances that may contribute to good health.

Peace and courage,
Shari

Nutrition, Health

“New Research based on US government data reveals that too much bacon and not enough nuts and seeds in the Standard American Diet contributed to nearly 700,000 deaths from diet-related illnesses such as heart disease, stroke, and diabetes in 2012.”

“33%: The decreased risk of strokes in those who consumed 10 portions of fruit and vegetables per day, according to a comprehensive study of two million participants by the Imperial College London.” VegNews (July-August 2017), 18-19.

Vegan businesses advertising in VegNews.
[I am urging Harp’s on College to increase its veg/vegan offerings.]

Businesses and books reviewed in VegNews:
Forks Over Knives. Makers of the documentary now offer boxed meals and a new app promoting healthy, plant-based meals you can order from the smartphone.


Rosalba Gioffre. *Vegano Italiano: 150 Vegan Recipes from the Italian Table.*

Parvin Razavi. *Vegan Recipes from the Middle East.*


Dunja Gulin. *The Vegan Baker: More than 50 Delicious Recipes for Vegan-friendly Cakes, Cookies, Bars, and Other Baked Treats.*


Alex Jack and Sachi Kato. *The One Peaceful World Cookbook: Over 150 Vegan, Macrobiotic Recipes for Vibrant Health and Happiness.*

Growth of Veg Food Chains reported in *VegNews* (July August): “...the increase in food chains such as Veggie Grill and Native Foods is helping tremendously [to mainstream veganism]” and “when I read *VegNews*” (73).

City Report

Bianca Phillips. “Meatless in Memphis.” [Send me a report of your town or any town for the newsletter. For example, in Fayetteville, Thai Diner offers a very wide range because they allow tofu and or veg alternatives to their meat dishes. What’s your favorite Fay optional veg restaurant? Does Fay have a total veg/veg restaurant?]
Protection of Animals, Empathy, Compassion


Animal Wellbeing? Fatten them up in less stressful conditions, then hammer them in the head, slit their throats, chop them up, eat them. This should be called the Center for Food Animal Hypocrisy? Corporations become humane by more gently preparing animals for execution? Or is this a good idea transferable to death row for humans? Not only give them their choice for their last meal, but give them luxury accommodations until the state killing? Best of all, nobody can accuse the executioners, their accomplices, and the countless complicit of torture.

Tyson is following a similar moral hocus-pocus. Nathan Owens, “Tyson Unveils Animal-Welfare Steps.” NADG (June 22, 2017). The new chief sustainability officer, Justin Whitmore: “Ensuring the well-being of the animals in our care is a core part of our broader
sustainability journey and these initiatives are the latest examples of our leadership in this important area.” Tyson is on a “sustainability journey”? Around the world, on foot? To ensure a perfectly transparent, kindlier Tyson, the company is installing remote video in 33 poultry plants to be “monitored by off-site analysts.”


Bernard Rollin. *The Unheeded Cry: Animal Consciousness, Animal Pain, and Science.* Explores the scientific evidence around animal pain and consciousness, illuminating the way animals experience the world. “This updated text includes insights on animals raised for food.” VegNews 70.

*VegNews* (July-August, 24-5) interview of Bob Barker, outspoken advocate of animal rights movement. On factory farms: “So many people are not aware of the animal cruelty that is going on here in our country.” Barker donated $1 million to Columbia Law School Animal Law Program.


**Campaign Nonviolence | Pace e Bene**

www.paceebene.org/programs/campaign-nonviolence/

16-24 until the 2018 Campaign Nonviolence Week of Actions—September 15-23—when thousands of nonviolent actions will take place across the United ...
Here are our next steps! Campaign Nonviolence is a long-term ...

Campaign Nonviolence National ... Conference Location – Santa ...

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Climate

“271 Million: The Amount in metric tons, of climate-changing pollution that was prevented by a 20-percent decrease in meat consumption by Americans between 2005 and 2014—about the equivalent of emissions from 57 million cars.” VegNews (July-August 2017), 19.

- RRP #91: Cowspiracy – The Devastating Impact Of Animal Agriculture On Our Planet
- RRP #176: How Animal Agriculture Is Destroying The Planet and What You can Do About It

Eating Less Meat Essential to Curb Climate Change, Says Report

2014•12•05 Damian Carrington, The Guardian

Photo: Robert Couse-Baker. Creative Commons BY (cropped).

Curbing the world’s huge and increasing appetite for meat is essential to avoid devastating climate change, according to a new report. But governments and green campaigners are doing nothing to tackle the issue due to fears of a consumer backlash, warns the analysis from the thinktank Chatham House.

The global livestock industry produces more greenhouse gas emissions than all cars, planes, trains and ships combined, but a worldwide survey by Ipsos MORI in the report finds twice as many people think transport is the bigger contributor to global warming.

“Preventing catastrophic warming is dependent on tackling meat and dairy consumption, but the world is doing very little,” said Rob Bailey, the report’s lead author. “A lot is being done on
deforestation and transport, but there is a huge gap on the livestock sector. There is a deep reluctance to engage because of the received wisdom that it is not the place of governments or civil society to intrude into people’s lives and tell them what to eat.”

The recent landmark report from the Intergovernmental Panel on Climate Change found that dietary change can “substantially lower” emissions but there is no UN plan to achieve that.

Past calls to cut meat eating by high-profile figures, from the chief of the UN’s climate science panel to the economist Lord Stern, have been both rare and controversial. Other scientists have proposed a meat tax to curb consumption, but the report concludes that keeping meat eating to levels recommended by health authorities would not only lower emissions but also reduce heart disease and cancer. “The research does not show everyone has to be a vegetarian to limit warming to 2C, the stated objective of the world’s governments,” said Bailey.

The report builds on recent scientific studies that show that soaring meat demand in China and elsewhere could tip the world’s climate into chaos. Emissions from livestock, largely from burping cows and sheep and their manure, currently make up almost 15% of global emissions. Beef and dairy alone make up 65% of all livestock emissions.

Appetite for meat is rocketing as the global population swells and becomes more able to afford meat. Meat consumption is on track to rise 75% by 2050, and dairy 65%, compared with 40% for cereals. By 2020, China alone is expected to be eating 20m tonnes more of meat and dairy a year.

Two recent peer-reviewed studies calculated that, without severe cuts in this trend, agricultural emissions will take up the entire world’s carbon budget by 2050, with livestock a major contributor. This would mean every other sector, including energy, industry and transport, would have to be zero carbon, which is described as “impossible”. The Chatham House report concludes: “Dietary change is essential if global warming is not to exceed 2°C.”

The consumer survey in the report, covering 12 nations including the US, China, India, Brazil and the EU bloc, found a link between the awareness of climate change and its impacts and the willingness to change behaviour. Acceptance that human activities cause climate change was significantly higher in China, India and Brazil than in the US, UK and Japan.

The good news, said Bailey, was that “the majority of future demand appears to be in the countries [like China and Brazil] that are the most receptive to change”. He said it was “pretty disappointing” that in developed countries, where meat and dairy eating is highest, awareness of livestock’s impact on the climate is low and willingness to change is low.
Brigitte Alarcon, sustainable food policy officer at WWF said: “Our LiveWell project has shown we can cut a quarter of our climate emissions from the European food supply chain by eating more pulses, fruit and vegetables and by reducing our meat consumption. National governments should improve food education to encourage healthy eating habits and environmental sustainability as a first step.”

A spokesman for the UK government said: “Greenhouse gas emissions from the UK agricultural industry have fallen by more than 20% since 1990. While food choices can have an impact on emissions, well managed livestock also provide many environmental benefits including supporting biodiversity.”

A separate survey by the Eating Better alliance, also published on Wednesday, shows that UK consumers are beginning to eat less meat. The YouGov poll found 20% saying they have cut the amount of meat they eat over the last year, with only 5% say they are eating more.

Prof Keith Richards, at the University of Cambridge and one of the researchers behind the two key scientific studies, said: “This is not a radical vegetarian argument; it is an argument about eating meat in sensible amounts as part of healthy, balanced diets.”

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