



The *Compassionate* *Vegetarian*

Compassion for Animals • Respect for the Environment (CARE)

Chester County, Pennsylvania • ChesterCountyCARE.com Autumn-Winter 2016

Minding the Furnace

The warm days of summer find me among outdoor plants, buzzing insects, and friends—in contrast, winter sends me inwards giving me time to write, fix things in the house, create miniatures with polymer clay, and cook.

Feeding the body in summer is easy and inexpensive—if you planted a garden you basically printed money. Eating plants not only ensures that we maintain good nourishment; it is also an effective way to stay warm in winter.

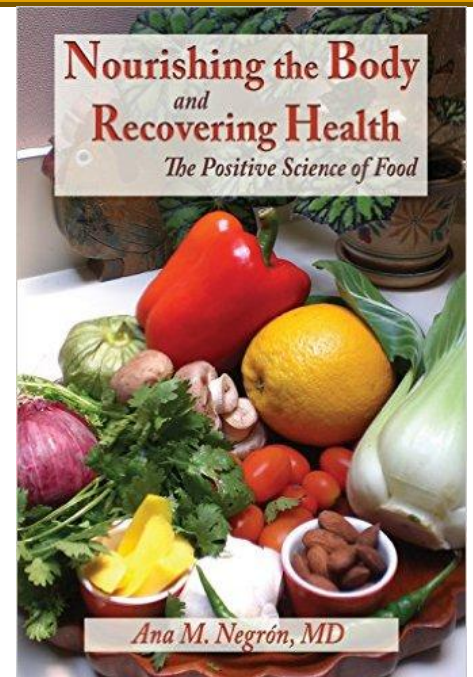
Plant carbohydrates turn into glucose,

which is delivered to each cell of the body. Inside each cell, glucose is turned into energy packets to power us throughout the day. As a byproduct of this never-ending biochemical event, heat is dissipated and we feel warm.

For two of my favorite stay-warm soups, go to **www.greensonabudget.org**

—ANA M NEGRÓN, MD

Board certified in family medicine, Dr. Negrón is dedicated to teaching the application of veganism in adopting a diet supportive of healing and disease prevention.



NOURISHING THE BODY AND RECOVERING HEALTH: The Positive Science of Food

Publisher: Sunstone Press (July 1, 2015).
Call 800.243.5644

**Also available as an
eBook on Amazon.com**

If Beanstalks Had Feelings

Vegan? Becoming a vegan? One day, *someone* is going to ask you that burning question: “Oh, so you think plants don’t have feelings?”



And you might answer. . .

“Whatever.” You roll your eyes at this unoriginal remark.

“OK, but animal farming harms more plants.” Animal husbandry requires several times the volume of crops as would be grown if we just grew food for people to eat. Willy could spare untold leafy billions from torture by growing food, not feed.

“Plants can’t run.” You could also remind Willy that nature gave animals nervous systems to

prompt them to self-protectively move away from sources of pain. If beanstalks had feelings, evolution would have equipped them with feet, fins, or wings.

Plant Sensitivities, Revisited

So now that we’ve got the retorts laid out, let’s think seriously about plants. They do respond to their surroundings. And now, plants’ sensitivity to stress is coming to the attention of climate science. Plants naturally breathe in carbon dioxide. But they can only take so much.

When we kill large predators, the herbivores chomp away without a care. Their bliss is illusory; the absence of wolves and other predator animals is unhealthy. And plants under stress from herbivores have trouble breathing in greenhouse gases they could handle in a balanced environment.

Implications for Vegan Activism

Challenges to the trapping, and hunting of bobcats and coyotes are needed.

CARE has hosted speakers on coyote co-existence.

Please join us! We need a community if we are to carry on with this education and outreach.



Predators are so often wiped out because they impede human hunting and animal farming (activities vegans avoid).

And of course, trees and foliage can’t take in carbon dioxide if they’re gone because the forest was cleared of indigenous flora and fauna in order to make space for farming domesticated animals.

Plants’ sensitivities have diverse and interesting ramifications. As Cleveland Vegan Society board member Jack McMillan says: “Plants—and, yes, rocks, and water, and all—are part of the exceedingly complex web of life and the sacred constellation of consciousness.”

— LEE HALL

CARE's garden plot in Frazer, PA

is a unique resource for our members.

As a CARE member, you'll be part of a community-tended garden, welcome to pick kale, collard greens, corn, radishes, cabbages, tomatoes, mustard greens, Swiss chard, cantaloupes, cauliflower, and Brussels sprouts.

And help us prepare some of our vegetables for next summer's **Chester County Vegan Festival on Saturday, August 12, 2017.**



WANTED:

Festival planning volunteers for the Chester County Vegan Festival on Saturday, August 12, 2017.

It is never too early to start planning! And it takes a county to offer a festival. Are you interested? Let us know early, as a well-run festival takes months of steady attention and community outreach.

Contact: CARE's president at ruslander@aol.com

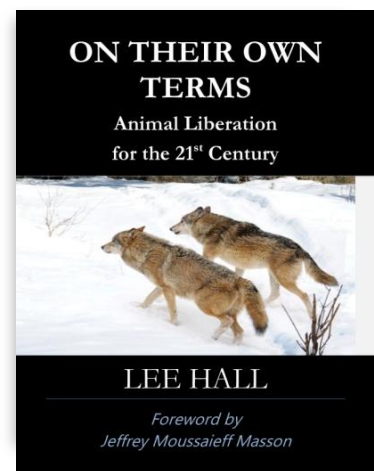
Thanks to **Phillip's Mushroom Farms** phillipsmushroomfarms.com/ and **Pete's Produce Farms** www.petesproducefarm.com —local sponsors of the Chester County Vegan Festival.

Find CARE on Facebook



[Facebook.com/ChesterCountyCARE](https://www.facebook.com/ChesterCountyCARE)

On Their Own Terms Animal Liberation for the 21st Century
Now Available in Paperback



Look for the paperback version (pictured above) on Amazon.com

“One of the most important books on animal activism for a long time.” – Carolyn Bailey, Australia's *AR Zone* podcast



ON GIVING THANKS, AND PEACE ON EARTH

The leaves turning golden in Chester County. Orchard-fresh apples, peaches and plums abound at the farmers’ markets; squashes and gourds are ready for harvesting. The days shorten, young people rush off to their studies, and their elders are welcoming time for self-reflection. We’ll soon be hearing of giving thanks, perhaps visiting with relatives we rarely see, and exchanging wishes of peace on Earth.

Gratitude is important; it reminds us how to look for the good in the world, acknowledge it, and inspire positive feelings and energies.

We used to give thanks to, or for, the turkey we’d consume full of stuffing. Then we would eat as much as humanly possible and toss out a lot of grocery bags.

Traditions are changing. We’re learning that Thanksgiving never really was inclusive of Africans dragged against their will to the New World, or of the people who were here on the land before it was “new,” any more than it was inclusive of the turkeys we’d make with outlines of our hands.

We never stopped to consider the idea that turkey farms are built on the open spaces that wild turkeys once enjoyed. We gave thanks for the land on which we built new nations. We gave thanks, but in doing so, we really took so much for granted.

We live and learn.

While the president is pardoning a token turkey, if we all shifted to pure vegetarian meals, opting out of resource-costly animal agribusiness, we could greatly reduce energy consumption, feed humanity, spare forests full of trees, and make our world a far more joyful spot in the universe.

Donald Watson and friends coined the term “vegan” in 1944 to describe a vegetarian movement that adopted and applied the values of conscientious objection. In other words,

YES! I WISH TO JOIN CARE (All levels include an invitation to our Annual General Meeting and event announcements.)

DATE : _____
____ NEW ____ RENEWAL

NAME AND E-MAIL OR POSTAL ADDRESS FOR NEWSLETTER:

CIRCLE YOUR LEVEL: Individual \$20
Household \$30
Individual 65 and over \$15
Supporter: \$50 (includes a copy of the farming and climate DVD “Cowspiracy”)
Sustainer: \$100 (includes a copy of *Nourishing the Body and Recovering Health* by Ana M. Negrón, M.D.)

___ I do not wish to receive the complimentary book.
___ I've also included a contribution of \$_____ to help further CARE’s work.
___ I wish to volunteer. Please contact me at _____

SEND CONTRIBUTION PAYABLE TO: CARE, P.O. Box 847, West Chester, PA 19381. CARE IS A NON-PROFIT 501(c)(3) organization; donations are tax-deductible as allowable by law.

to withdraw our support from animal agribusiness would be our declaration of peace to all conscious beings.

And in this time of climate disruption, it’s becoming clear that armies and weapons are not the only threat to peace on Earth. There is also the cutting down of trees, the polluting of rivers, and the

loss of the unique web of beings.

Peace on Earth is too important to be folded and stuffed in an envelope once a year. It really does mean the end of wars, whether on animals, on each other, or on the planet.

Once we become conscious of the vital role our food plays in a movement for peace, we begin to understand just how powerful each of us is as an agent for change.

— LEE HALL

CARE EVENTS & AREA EVENTS OF INTEREST TO OUR MEMBERS

Sat. Nov. 5, at 4-5 PM:

Join Lee Hall at Wildflower Earthy Vegan Cafe, 501 High St., Millville, NJ for the *Cuteness and Memes in Animal Advocacy* slideshow. No purchase necessary (coffee shop atmosphere) but the salads are excellent!



Mon., Nov. 14 & Tue., Nov. 15, 6:30 PM: Fall Celebration Dinner at Carême's, Academy of Culinary Arts, Atlantic Cape Community College, Mays Landing NJ 08330. (Kitchen tour: 5:45pm.) Adult: \$34, Student/Low Income: \$24, Supporter: \$50. RSVP American Vegan Society: 856.694.2887



Sat. Dec. 3, at 6 PM: Festive Vegan Potluck (bring-and-share event) in Berwyn, PA. RSVP and questions to Linda Child and Reuben Clark clarkchild@aol.com or 610.716.7065



CARE received an invitation from **Vegan Chalk Challenge** facilitator James DeAlto which can be accepted no matter where we might be, any time of day, on **Nov. 19-20**. Get chalk; create! Write your own vegan messages; inspire your community.

Sat. Nov. 19, 10 AM-5PM: The Vegetarian Society of South Jersey's 30th Anniversary Celebration Luncheon Medford Leas, Medford, NJ 08055. Speakers include Victoria Moran (Main Street Vegan) on radiant health despite the stressors and pollutants of the 21st century"; Lee Hall (Widener University Delaware Law) on the Impact of a typical grocery list on global greenhouse emissions; and more!

Starting a new tradition during the Thanksgiving Thursday-Saturday period? SuTao Cafe in Malvern will host a vegan alternative for three days running. Call: 610.651.8886



Tue. Dec. 6, 6 PM: Fiesta de Invierno at El Burrito restaurant, Phoenixville, PA.

RSVP to Dr. Ana M. Negrón
ana.m.negrón@gmail.com

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**Compassion for Animals
• Respect for the
Environment, Inc.
(CARE) is an all-
volunteer 501(c)3 non-
profit.**

On the Web:

chestercountycare.com

CARE is dedicated to
promoting compassionate
living through education
and activism.

Your donations also enable
CARE to use 100%
recycled paper with 30%
post-consumer waste for
our publications.

Please check your mailing label! If it has the word "Join" on it, this is your last complimentary issue of The Compassionate Vegetarian. If it says "Renew" your membership has expired. Please use the form above to join or renew. CARE needs your support. Also, please let us know if your address has changed. Thanks!

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