

**The Movement for Compassionate Living**

**~ THE VEGAN WAY ~**

# **New Leaves**

**No. 101 July - August - September 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.**

## THE FIRST OF THE SECOND HUNDRED

Welcome to the 101st issue of *New Leaves*: the first of the next hundred. We are now on our way to the next significant number for New Leaves, and I hope to have many of you with us when we get to the number 200. For now, it was great to see all those attending the AGM in London; two of you I had not seen for a number of years and one I had known by name only before – it's good to put a face to the name.

Summer with all its festivals, interlaced with gardening for some, and work inside the house for others, is supposed to be upon us. Here in Wales we have had some warm days now and then to remind us what the summer is supposed to feel and look like. March and April were very sunny. In March my PV system produced its record electricity output compared to any previous March, whereas the April reading only got to third position. The May and June readings were the second worst for these months in all the years I have had the PV producing electricity.

The sun in March and April did not produce enough heat to make it feel like a proper summer. However, it led to an earlier spring, bringing migratory birds up north and awaking nature from its winter slumbers. The Union of Concerned Scientists has made a map of climate change at <http://www.climatehotmap.org> where it is stated, for example, that “Springtime -- and migratory songbirds such as the willow warbler -- are arriving earlier at Russia's Lake Ladoga. Climate change has particularly affected the timing of spring all across Europe, which could have significant effects on land ecosystems, regional ecology, and the food chain.”

Let us hope that we still have a comfortably liveable planet with many many more vegans when we reach issue 200. Meanwhile I wish you all pleasant summer months, and enjoyable holidays, as I fervently wait for some warmth to reach me.

*Irene-Sointu*



**31st Vegan Camp ~ 6th – 20th August**  
Fenny Bentley, Ashbourne DE6 1LE  
[www.vegancamp.co.uk](http://www.vegancamp.co.uk)

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**13th London Vegan Festival ~ Sunday 21st August ~ 11am – 8pm**  
Kensington Town Hall, London W8 7NX ~ Entry: £2



## Report from the Annual General Meeting held in London on 7th May 2011



Eight members attended and apologies were received from twelve others. Elaine Garrett chaired the meeting and Ireene-Sointu gave reports as MCL's Secretary, Treasurer, Membership Secretary and *New Leaves* co-ordinator.

The usual secretarial work had been completed with no problems.

No questions or comments had been received about MCL's finances. The total amount held included money granted at the 2010 AGM but not yet transferred. It was expected that the Vegan-Organic Network DVD grant would be paid this year, and the Plants For A Future grant may well progress to that stage too. MCL held a total of £45,758.74, with £42,000 committed for grants, leaving a working balance of £3,758.74. The accounts were accepted by the meeting.

MCL had 489 UK members and 56 overseas. Members were reminded that they can pass on or donate copies of *New Leaves* to suitable locations. Anyone submitting personal information for inclusion in *New Leaves* is therefore reminded that it is publicly available and not just provided to MCL members.

The Editorial Collective (Ireene-Sointu, Christina Palfrey and Malcolm Horne) continue to work well together. The meeting thanked the Editorial Collective for their ongoing excellent work.

The meeting expressed special thanks to Ireene-Sointu for managing and maintaining MCL.

There were no problems with MCL publications and the meeting expressed thanks to Patrick Smith and Veggies for their ongoing work producing, distributing and promoting MCL's booklets and leaflets.

It was agreed that members should be reminded that MCL leaflets are all available as .pdf downloads on the MCL website [www.mclveganway.org.uk](http://www.mclveganway.org.uk)

The MCL Contact Scheme's new co-ordinator, Ireene-Sointu, had made some changes to the format and content of the list - these received favourable support. It was felt the Contact Scheme may be particularly useful to members who are geographically isolated.

Juliet Lynn had now successfully completed the major revamp of the MCL website. The MCL blog needs entries - it was suggested that these could be on such themes as recipes, gardening notes, extracts from and comments on *New Leaves*, etc.

Ireene-Sointu is currently preparing the MCL booklet *Abundant Living* for inclusion on the website as a downloadable .pdf file.

It was decided that any links on the website would be looked at, and consideration given to the possibility of not having any. If it was decided to have links, they would need to be regularly reviewed to ensure that they are still desirable, and link to current and appropriate web sites.

It was suggested that a section of the website could be devoted to 'timeless' articles from *New Leaves*, such as items on food growing.

The addition of the option to use PayPal on the MCL website to pay subscriptions and make donations was suggested and agreed - donations should especially be encouraged for downloading *Abundant Living* when it becomes available.

Ireene-Sointu's Facebook page for MCL was proving very successful. See [www.facebook.com/TheMovementForCompassionateLiving](http://www.facebook.com/TheMovementForCompassionateLiving)

An application for a new small grant of £378 had been received from a member to support her completion of a course that would assist her setting up of a unique vegan-organic community 'care farm' as part of the Beacon Life and Learning Centre. The applicant had confirmed that her therapeutic horticulture project would be entirely vegan-organic. The meeting unanimously supported her request and the grant was approved.

Climate Friendly Food - Forest Garden Project: the CFF project is still endeavouring to find suitable land. The meeting asked that, should there be no

progress beforehand, an update report on the project should be submitted three months before the 2012 AGM.

VON Centres Network: VON had supplied the AGM with a summary of the aims of the Centres Network and an outline of what each centre could provide. Twenty centres had agreed to join the Network and further developments were awaited. The meeting asked if more information about the actual projects could be provided in future, such as what the money already spent had been used for at each growing site. A separate grant had been specifically provided by MCL to VON for production of a DVD and it was agreed this aspect of grant expenditure would be discussed further with VON.

Plants for a Future: Funds were granted last year to PFAF for repair and conversion of an existing building, subject to survey. Following that survey, PFAF asked for reconsideration of the grant so that it could instead be used towards the construction of a new building, if planning permission was granted. If the planning permission was not granted then the refurbishment of the existing building would go ahead. The meeting unanimously approved their request.

Creating Welhealth Co-op and Bangor Forest Garden: Full reports had been included in *New Leaves* No.100 and both projects were progressing well. The meeting expressed thanks and congratulations.

Malcolm Horne has been looking into the possibility of setting up a charity or charitable trust, independent of, but able to co-operate with, MCL. The provisional name is the Brynderwen Trust and it will be set up to support vegan projects financially. MCL could have the option to channel future legacies through the Trust. Malcolm would like to set up the Trust 'in memory of Kathleen Jannaway' and hopes to get it started this year. He intends to write more about the Trust in *New Leaves*. The meeting was very supportive of Malcolm's aims.

It was agreed that the 2012 AGM will, like the 2010 meeting, be held during a weekend gathering at Irene-Sointu's home in Ystalyfera, near Swansea, South Wales.

The AGM closed with thanks to all who attended or contributed.

Alan Garrett



## **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 CO<sub>2</sub> not for livestock that emit methane a much more powerful green house gas.

Details from  
MCL, 105 Cyfyng Road  
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.

## **REPORTS FROM MCL FUNDED PROJECTS**

### **VEGAN-ORGANIC NETWORK THE CENTRES NETWORK PROGRESS REPORT JUNE 2011**

At MCL's 2009 AGM it was agreed that the £70,000 Alec Spring legacy funds be awarded to the Vegan Organic Network for their proposal to establish a network of stockfree organic centres (see *New Leaves* No 92). David Graham of VON writes below about the current position, followed by reports to VON (slightly edited) from two of the projects that are benefiting.

#### **MCL GRANT TO VON: THE CURRENT POSITION**

There are currently twenty UK stockfree organic farms listed in our Directory, and another twenty in North America with others in Tamil Nadu, France, New Zealand and Sri Lanka. There is an ongoing discussion with them that, in addition to their food production, they can also become educational centres and an active part of the Network. This is a slow process, not because of disinterest, but because of the additional work that it entails, and VON does not have any paid workers to give significant ongoing support. All these farms have open days, and some special visits arranged by VON (a schedule of the visits is available).

From the outset VON has evaluated those farms that we consider key to the Network. The growers should preferably be vegan or vegetarian (and the farm owned, or else rented with a renewable lease). All projects have been visited at least once, with liaison continuing after the grant is made, and so far over £19,000 has been allocated to the Avalach Centre for Plant Study, Fir Tree Community Growers, Oakcroft Organic Gardens, and Bluebell Organics.

*David Graham* for VON

## **Avalach Centre for Plant Study, Isle of Arran, Scotland**

Grant of £7,940 approved, to be paid in stages

Our 18-year project running the Scottish School of Herbal Medicine has come to a close due to the ongoing recession. While this has been devastating on a personal level, it does mean that we are now freed up to concentrate on growing food and medicinal herbs at Drimlabarra herb farm.

Our market research shows that a box scheme on Arran, given the low density of population spread over a wide rural area, is not financially viable. We feel there is a real need, however, for research into varieties and crops which will thrive under vegan organic cultivation in this soil type and climate. For instance, our research over the years has shown that one variety of pumpkin, Crown Prince, outperforms all other varieties we have tried, and is able to adapt to the changing climatic conditions, and stores well into Feb/Mar. We produced 180kgs of pumpkins last year from a patch size of 40-50 sq metres. Careful recording and experimentation on this level is valuable because it can be scaled up for relevance to farmers.

Another research area we consider to be worth pursuing is the growing of soft fruit. In an article in The Herald dated 3.7.2010 ("Scottish Farmers' cash crop as the blueberry bears fruit"), the National Farmers Union stated that Scotland at present produces 100 tonnes of blueberries a year, but that they expect production to double every year, and so in four years it will be 3000 tonnes. This is a crop that at the moment has a premium price retailing at £10-13/kg. Soft fruit growing suffered badly in the 90s when Poland and other Central European producers hugely increased their production. However, Scottish farmers reckon they have found a gap in the market as a shortage of berry in the autumn, as Central European producers run out and Southern hemisphere producers are still to harvest, means that Scottish berries which ripen from Sept to Oct fill this gap when the wholesale price is near its highest. Other soft fruit is also on the increase: Scottish strawberry production jumped from 14,000 tonnes in 2005 to 18,200 in 2009. Likewise, raspberries were up from 4200 tonnes in 2005, to 5300 tonnes last year.

We are in the fortunate position of having a large food processing company based on Arran, which is particularly interested in sourcing local organic produce. We propose to purchase a number of varieties of blueberries, raspberries, strawberries, blackcurrants, tayberries, loganberries, boysenberries and thornless blackberries, and trial them for yields and selling price.

We are already a vegan educational centre attracting visitors from around the world and have in place much of the infrastructure for teaching, volunteer training and accommodation. Our research will be made freely available through the



VON network and relevant magazines, and also on our website ([www.veganherbal.com](http://www.veganherbal.com)). We will continue to offer open days and training weeks to promote vegan organic growing in Scotland. We are in the process of arranging a permanent display of the principles and practice of stockfree vegan organic farming and growing. The Iain Tolhurst DVD is an excellent tool that will assist in demonstrating areas that we do not cover, as will the other DVDs that are planned.

The unseasonal wet weather we have been having over the last month has very much delayed the field preparation and sowing of the green manure, but the field was finally ploughed yesterday and the sowing should be completed by the end of the week. Hooray!

Without the help of the grant we would be unable to utilise the three-acre field to generate crops, and we would be unable to conduct research on the different types of green manures to find out which are best suited to our (and other similar) soil types and climate.

*Maureen and Keith Robertson*

**Fir Tree Community Growers, St Helens, Merseyside** (part of Climate Friendly Food) Grant of £4,126 approved

(NB: see AGM report in this issue of *New Leaves* for news on MCL's direct grant to CFF's separate Forest Garden project)

As long standing VONers, myself (a vegan for 20 years) and partner Keith ran Sow & Grow Organics, a former stockfree market garden / box scheme until 2007, when we got flooded and couldn't make it pay. Since then we have been involved in the setting up of Climate Friendly Food Community Interest Company – a not-for-profit social enterprise with charitable aims ([www.climatefriendlyfood.org.uk](http://www.climatefriendlyfood.org.uk)). When the Big Lottery Fund's Local Food Programme was accepting applications we thought: this is it – our once in a lifetime opportunity to set up our dream market garden, learning from our past lessons of paying ourselves a pittance, and also reducing the isolation we felt (as spending days weeding on your own isn't much fun). Thankfully, after a rigorous application process, we secured £83.9k towards our project, and that was matched by £10k from the Big Lottery Fund's Awards for All, and £9k from Halton & St Helens Health Improvement Team. This has also provided the funding for the planting of 150 hazelnuts alongside the vegetable beds as alleys, and we are caring for over 100 fruit trees and bushes. It really feels that we are putting vegan ethics into action, in an inclusive way that interacts with everyone.

We set up a care farm and educational resource. And now, thanks to VON funding via the Stockfree Organic Centres Network (provided originally by MCL),

## Yurts in Mongolia



we have a beautiful hand-made yurt, by Wildwood in Cumbria, as a classroom. This was acceptable to planning regulations, and so far the yurt has enabled over 60 course participants and volunteers to enjoy the stockfree market garden. VON literature and the Tolly DVD is on display and

available to all visitors. This is a valuable resource for farmers and growers and for those considering converting to stockfree organic.

The yurt is up from March to October to preserve the white canvas for as long as possible. It is built on a platform and is a really enjoyable circular space. It has made such a difference to the market garden and our ability to accommodate beneficiaries, and is a brew shed and packing area. It already has a lot of admirers and there is nothing more enjoyable than sitting in it. Our collaboration with VON continues with the Farmer to Farmer certification scheme (details from VON, or from us on 01744-894284 or email [climatefriendlyfood@gmail.com](mailto:climatefriendlyfood@gmail.com)).

Care farming is working with people known usually to social services, and is an alternative activity to day services. The growing has gone well in 2010 after three years of red clover, and our stockfree-organic crops have looked splendid. But we have had marketing issues because the community scheme, who had agreed to buy from us, were forced to pull out at the last minute due to an exclusivity contract.

Therefore we had several “panic” weeks, following up lots of dead ends, and finally began to sell to Organic Direct, a box scheme in Liverpool, and Unicorn Grocery in Manchester which is run by vegans and vegetarians. We soon realised that we didn't want to compete with the other small-scale growers in Greater Manchester, and this year have agreed our cropping plan in 2011 with Organic Direct and they are happy to take all our produce. It is very satisfying to know that all the produce from our farm is being sold within 15 miles. In addition to our own three-acre market garden, we are helping convert a former council nursery in Burnley (as part of the Burnley Crop Share project).

One of the best remarks I have heard about our care farm was from our landlord Alan Abbott, and was that we have brought laughter back to the farm. Particularly with one of our groups – the Enabling Scheme from St Helens Coalition of Disabled People - I don't think I stop laughing all day. The group are really up for anything, and what I admire about them is that their learning disability does not stop them for one second having fulfilling lives that give back to the community. Also they have all gained two AQA Unit Awards in Grow Your Own

Vegetables, but I am learning that we could improve our teaching resources using symbols and pictures more than the written word. I have also been learning sign language so that I can communicate with Kelly, who is in a wheelchair. We are a similar age and she is great with Alice and Emily (our daughters). There is nothing she won't have a go at, and she is supported by her brother who is her carer. She will also bend to the ground to plant, so her wheelchair doesn't stop her. I feel such a strong bond with her and it really motivates me to improve my communication with her. Her mum says to me she does not know what she will do without our farm – so that is a major incentive to keep going past grant funding.

We feel very privileged to run such a farm. We are just in the process of fostering rescue donkeys to add to the services we can provide, and are hoping for two of them to live out their retirement with us on a field that is not suitable for veg growing. We would like to thank everyone in the veggie movement, especially VON, who have supported us over the years and it gives us hope that we can really show to all the sceptics that plant-based agriculture is the way forward.

*Jenny Hall*



## **MORE FESTIVALS**

### **Portland VegFest ~ 17th – 18th September ~ 10am – 6pm**

Oregon Convention Center, Exhibit Hall A,  
777 NE MLK, Jr. Blvd. Portland, OR 97232, USA  
[www.portlandvegfest.org](http://www.portlandvegfest.org)

### **8th Annual Festival of Life ~ Saturday 24th September ~ 10.30am -11.30pm**

Conway Hall, 25 Red Lion Square, Holborn, London WC1R 4RL & the square  
Entry: full event £15/£10, after 4pm £10/£8, outside on the square free  
[www.festivaloflife.net](http://www.festivaloflife.net)

### **Big Veg Day Out ~ 1st October ~ 10am – 6pm ~ Chorlton Green, Manchester**

[www.manchesterveganandvegetarianfestival.co.uk](http://www.manchesterveganandvegetarianfestival.co.uk)

### **Paris Vegan Day ~ 1st – 2nd October ~ 19-21, rue Boyer, 75020 Paris, France**

Entry: free (but 2€ suggested)  
[www.parisveganday.fr](http://www.parisveganday.fr)

### **The West Midlands Vegan Festival ~ Saturday 29th October ~ 11am - 5pm**

The Wolves Civic, North Street, Wolverhampton WV1 1RQ ~ Entry: £1 (< 16 free)  
[www.veganmidlands.org.uk](http://www.veganmidlands.org.uk)

## CREATING WELHEALTH CO-OP PROGRESS REPORT JUNE 2011

Welhealth: A gift economy co-operative, forest garden, agroforestry, permaculture farm project, under development to transition to achieve a total moneyless community. Also an MCL STAVV and a community orchard. If interested, please contact [petefreepeat@yahoo.co.uk](mailto:petefreepeat@yahoo.co.uk)

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

As stated in the April report the house is going to be the main project this year. The windows and doors need to be made and fitted. We have the wood to make the window frames. 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 £352

The polytunnel is now repaired - we are very pleased about that. We shortened it by one rib, dug a new trench, and refitted the door. It is now laid out with raised beds, and is planted out with tomatoes and peppers, and chillies and other herbs are on the way. One of the stone raised beds was split into four quarters with wood, as this helps keep the herbs from spilling into each other. We made two potato beds outside, either side of the front door, where we'd shortened the tunnel. The next job is to make the large shed on the end of the polytunnel.



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



The photographic history of the work done at Tyn Y Nant was finished and put up. The cottage was fully cleared and cleaned, ready for visitors. Curly willow was planted out from cuttings cut down when the paved area by the gate was tidied up.

We did another trip to Kinnel Bay for more willow gathering and planting.

Janta and Merav from Karuna donated 14 different types of apple tree, some grown



Merav, Janta & Frank planting apple trees.

from Wheatstone community apple trees, which we planted out. The veg beds were prepared and planted out, but little has come up apart from Jerusalem artichokes and potatoes, so they have now been planted up again. The perennial cabbage bushes are coming up well.

The plants in the nursery are doing well despite losing a lot to the very odd early dry sunny weather, but perhaps it is the grow bags we are using, and there has been some disease in the sweet chestnuts, which looks similar to wind burn. We are having a lot of trouble with a pest that is getting to the germinating nuts. The tables are high off the ground, too high for mice, and covered with mesh just in case it's birds. It is frustrating and annoying but this year we have a lot of plants growing overall. I'm particularly pleased with those seeds which have germinated (like yew and fantastic Ruthin hazels) after having to go through two winters. A long table was made to hold more plants, and so far the seeds there haven't been touched. Some plants have already been supplied on a free economy basis. An advertiser for the plants is in the process of being translated into Welsh. Comfrey has been planted at the bases of all the fruit trees. This should bring up potassium which is good for the flowers and the fruit.

Vic donated a lot of useful electrical cable. We fitted out the shed/office with shelves, a table, and internet cable for the dongle, and put in cable for solar/wind electric. The ongoing job is tidying up the electronics lab, to get it ready to set up the web business in wind and solar electronics.

*Frank Bowman*

### **Saturday 13 August Pig Factory Farm Demo**

Midland Pig Producers (MPP) have submitted a planning application to Derby County Council to build a pig farm that will hold 26,000 pigs. We have until the autumn to raise the profile of this campaign, gain press interest and submit letters of objection. There are serious animal welfare issues, a risk to human health, environmental issues and many more reasons to campaign against this farm.

Email [kj001f8644@blueyonder.co.uk](mailto:kj001f8644@blueyonder.co.uk) or call 07505 125 973.

[www.merseysideanimalrights.co.uk](http://www.merseysideanimalrights.co.uk)



### **Sunday 10th April**

Members, visitors, and volunteers attending: Ken, Charles, Rosemary, Jane, Pete, Rowan, Marit, Alison, Caroline, James, Karina, Evan.

It was a lovely warm day, so we generally had a very lazy day work-wise, but lots of socialising. We got the storm kettle out and used it to make lemon balm tea from the plants in the garden, and we enjoyed the BFG in the springtime. Rowan identified bird song which he's really good at, and we watched the butterflies, and the tadpoles in the pond. Alison did a guided walk around the garden. Also, thanks to Charles for getting us a new printer, scanner, and photocopier.

### **Sunday 8th May**

Members, visitors, and volunteers working: Charles, Rowan, Marit, Frank, Andrew, Marit, Martha, John, Rike, Tom, Helen, Liz.

It was a showery day. The garden was showing a lot of spring growth when we started, and there is quite a lot of fruit set on the trees. Jobs done were: watering the pots, cutting hazel shoots for propagating, strimming the paths, cutting comfrey and laying it down for mulching and fertilizer around the fruit trees, cutting back plants from encroaching on each other, and clearing weeds from the Good King Henry area. And clearing and weeding the long bed and around the hablitzia and Sedum telephium, tying back the wineberry by the substation, flushing the water butt and directing the overflow pipe into a plant tub. Growth was cleared away from around the manhole cover to allow access for any workmen who are doing ground work.

### **Wednesday 25th May**

BFGers working: Slim, Sue and Ted, Louise, Alison and Frank.

It was a lovely day for gardening, and a lot got done. Louise worked on clearing and cutting back over-growing plants. Slim, Sue and Ted did a great job of repairing

and putting back up the cob oven awning. Plants on the propagating tables were watered. All the paths and grassy overgrown areas were mowed and strimmed. Slim potted up 100+ hazel tip cuttings. We ended up eating some very, very yummy bread rolls that Sue and Ted cooked in the cob oven. Delicious with BFG blackcurrant jam!



### **Sunday 12th June**

Members, visitors, and volunteers working: Frank, John, Alison, Sue, Ted, Sophie, Probi.

We had an AGM, but we did a bit in the garden too. It was a rainy day. Alison and Frank found the cob oven tarp sagging badly, with the rain water pooling in it, so did a temporary fix using wood to heighten it, but the slant on it still needs readjusting to make it good. Ted and Sue thinned out some self-setting damson trees. Sue showed Probi and Sophie around the garden. Probi has taken a copy of the A3 garden plan and plant descriptor, and is going to scan it in as an A3 copy for us to have for the records and website, which is very handy. While the AGM was going on, Probi and Sophie prepared a veg bed and put in some tomato plants, and walking stick kale (a great salad leaf, and cooks a bit like broccoli), and also a perennial cabbage which comes up like a bush.

The AGM considered the various reports, including the progress over the past year and the financial report. The grant from MCL had kept the BFG going for two years, and the present balance was £500. Possible sources of finance were considered, followed by a discussion about future plans. Some of the ideas put forward were:

Alison had an idea to get funding for internet access, so that people could come and use the computer in the cabin. We haven't cancelled the telephone yet because of the £120 reconnection fee, and it could be very handy for the internet. Alison suggested the BFG could be used as a library and to access the internet, so as to make it cost-effective. She would use it and so she thought would Rowan, and any other members could do so when they are working in the garden, as a learning aid.

The workday notices and the diary, which were presently done by email, could be incorporated into the website - thus reaching more people and probably involving less work. It was thought that the website could be very beneficial, bringing more interest and members, by showing the activity in the garden to a wider audience.

It was proposed that we set up another meeting to discuss how we are going to run the BFG, and for members to come to the meeting with propositions for the new organisation structure using the same aims - this meeting to take place (duration about an hour) at the next BFG Sunday workday, Sunday 10th July.

Thanks were expressed to everyone for their work for the BFG during the year.

The Bangor Forest Garden holds volunteer work days on the second Sunday of every month - and on a Wednesday in between. We usually have a fire, and sometimes cook and eat food from the garden, and bake on the cob oven. Further details: 0845 345 7716 or e-mail [contact@thebfg.org.uk](mailto:contact@thebfg.org.uk) Tea coffee and drinks provided. It is an opportunity to learn new skills, and make new friends, whilst contributing to maintaining and developing the garden! Sessions are 11.30am till 4pm (garden tour on request).

*Frank Bowman*

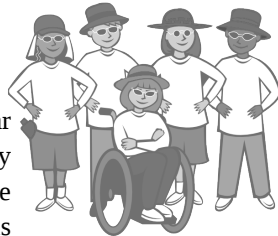


## SOCIAL AND THERAPEUTIC HORTICULTURE

I was recently funded by MCL to attend a social and therapeutic horticulture course at Thrive near Reading, where I found out about the benefits of horticulture used as a type of therapy. I am looking forward to using social and therapeutic horticulture as part of a developing vegan care farm project.

### **Social and Therapeutic Horticulture at Thrive**

Thrive is a social and therapeutic horticulture charity near Reading, based at an old country estate. At Thrive they use gardening to improve the quality of life for people with a variety of disabilities. This type of gardening is called social and therapeutic horticulture, which makes gardening accessible for everyone including those with learning disabilities, mental illness, visual impairment, dementia and post stroke. Thrive also undertakes research to show the efficacy of using social and therapeutic horticulture with different care groups.



### **The Benefits of Social and Therapeutic Horticulture**

Social and therapeutic horticulture aims to improve people's health and well-being. It may be used within most areas of health and social care and has many benefits.



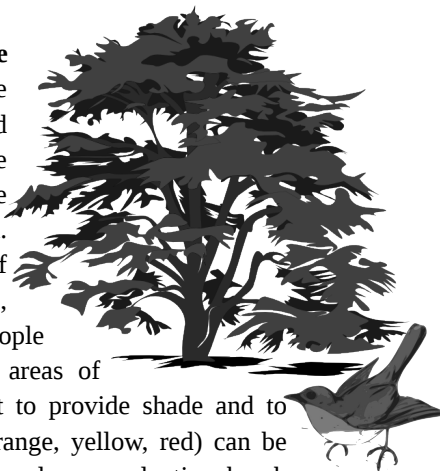
Gardening can be effective cardiovascular exercise and can significantly improve fitness levels. It may also be used to maintain or improve fine and gross motor skills. Gardening has been shown to have psychological benefits such as providing cognitive stimulation and purposeful activity, which lowers stress. There are many social benefits resulting from increased interactions with others, and activities can promote co-dependence and interdependence. People may learn new skills, or gain horticultural experience and qualifications, or be able to maintain existing skills. Activities can also help with memory, numeracy and literacy. Gardening creates a positive environment and enables people to access nature.

### **Making the Garden Accessible for Everyone**

A social and therapeutic garden can include features which make it a pleasant and stimulating environment for people who use it. Seating areas are important to provide social areas, or for peace and relaxation.

Mirrors may be used to increase the sense of space in a garden, and have, for example, been used to promote self-awareness for people with learning disabilities. There should be areas of

grass for recreation, and trees are important to provide shade and to attract wildlife. Different coloured plants (orange, yellow, red) can be used to provide stimulating areas, and blue and green planting has been shown to be beneficial in managing challenging behaviour. It is also important to appeal to the senses through touch and smell – plants may be pleasant or unpleasant to smell and touch. Herbs such as lemon verbena, rosemary and fennel have particularly fragrant foliage. The layout of paths is also important. They may be circular and create interesting routes through the garden, and they should promote a sense of discovery and aid orientation.



### **Garden Tool Modifications**

There is a wide range of tools available to suit the needs of different users, such as secateurs with a ratchet mechanism which reduces the pressure needed to make the cut - useful for people with a weaker grip. Various tools have telescopic handles and are lightweight and can be adapted to suit the person, for example telescopic hedge shears and long-reach pruners which can be used one-handed. Add-on and telescopic handles can be adapted for easy use from a wheelchair. There is also a wide range of tool heads which can be attached to telescopic or lightweight handles. Some hand tools including trowels and hand forks come with arm support cuffs –

these allow the strength of the forearm to be used and prevent the tool from being dropped. For people with a weaker grip, insulating tubing can be put on the handles of tools. There are also plastic watering cans available which are lightweight, well-balanced, and have a button to control the rate of water flow. These cans reduce arm strain by reducing the amount of tipping required. Watering lances extend a person's reach and may be used to water, for example, hanging baskets. They are easy to use one-handed and from a chair. For people with a visual impairment it is useful to choose tools with brightly coloured handles that contrast against soil and foliage, and make them easier to find when they are put down. Most people with some vision find the colour yellow useful. Manufacturers now produce garden tools and pots in a variety of colours.

### **Garden Activities for All**

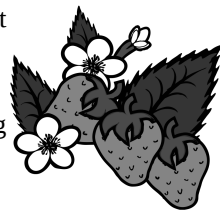
It may not be possible for some people to work outside or to engage in the more physical aspects of gardening, but gardening activities can still be enjoyed by everyone. Indoor gardening may be suitable for people who have difficulty accessing gardening outside. It is important that people are encouraged to choose what to grow, and activities should encourage participation and a feeling of ownership and achievement.

Table-top activities can include flower arranging (flowers such as dahlia, chrysanthemum and rudbeckia are useful for this), pressing flowers (California poppy, geranium, pansy and viola work well), seed sowing, and potting bulbs. Container gardening can also be carried out indoors – containers bring activities to a height that is comfortable to work at. Container gardening can include making succulent gardens, herb gardens, and wildflower containers which attract bees and butterflies. For those who can manage outdoor gardening activities, this might involve adapting the environment or modifying tools to help the person dig, weed, plant, prune, harvest and so on. Raised beds of different heights and sizes can be built to suit children or adults, and may be used for standing activity or for gardening from a wheelchair.

People may like to create different types of gardens – for example wildflower, wildlife or Japanese style gardens which can also be low maintenance. Allotments may interest some users, or a potager combining vegetables, herbs and flowers.

Sensory gardens can be designed to appeal to all the senses and offer a therapeutic experience for people with different needs, especially those affected by dementia. Beautiful plants which invoke reminiscence may be used, or plants may be chosen

for taste, scent, touch and texture, and need to be robust enough to be picked, squashed and crushed.



There are also lots of garden-related activities such as cooking or selling produce, healthy eating, and arts and crafts.

Further information on social and therapeutic horticulture can be found online at: [www.thrive.org.uk](http://www.thrive.org.uk) and [www.carryongardening.org.uk](http://www.carryongardening.org.uk) - and photos of Thrive can be viewed at <http://goo.gl/QuNNr>

Catherine Stevens



**Rettet den Regenwald (Rainforest Rescue)** was founded in 1986 in Hamburg, Germany. It organizes protest actions and email protests against rainforest destruction by loggers, companies such as oil or mining companies and development projects, supports NGOs in Africa, Ecuador and Indonesia, publishes a quarterly magazine named *Regenwald Report*, and provides information for schools and the press. It is a registered non-profit organisation in Germany.

The Latest Campaign

### **LUFTHANSA'S GREEN CLAIMS DON'T FLY**

<http://www.rainforest-rescue.org>

Flying uses large quantities of fuel and damages the environment. Lufthansa alone uses up to 30 million litres of petroleum-based kerosene, blasting massive amounts of environmentally damaging exhaust gases into the Earth's atmosphere. The airline is now trying to sweep its damaging emissions under the green "biofuel" rug. Its pilot project, Burnfair, received 2.5 million euros of taxpayer money from Germany's Federal Ministry of Economics and Technology.

How many studies do politicians and corporations need before they understand that when we make fuel out of plants, we heat up the earth, because tropical forests and savannas are cleared to create plantations. This displaces millions of people, exterminates animal and plant species, and poisons the earth and our drinking water with pesticides. Hunger is intensified around the world because the fields are used for growing energy plants instead of food crops.

Environmentally friendly fuel is an illusion. The alternative is to simply fly less. Rettet den Regenwald (Rainforest Rescue) requests Lufthansa and the German Ministry of Economics and Technology to stop this agricultural fuel project immediately.

Rettet den Regenwald e.V., Jupiterweg 15, 22391 Hamburg, Germany

Tel.: +49- 40 - 4103804, e-mail: [info@regenwald.org](mailto:info@regenwald.org)

See the reporting on the studies mentioned:

<http://uk.reuters.com/article/2011/07/08/us-eu-biofuels-idUKTRE76726B20110708>

## Vegetable Man or Gatherer of Herbs?

I am impressed by the dedication and hard work of those gardeners I read of in *New Leaves* who produce 'green', organic vegetables. An avid passion for growing such food has to be revered. 'Stockfree' is the name now used to mean even the compost is cruelty free.

I remember a chat I once had with a neighbour, Jack, a dapper little man of 85 who loved his garden as I loved mine. Upon telling Jack about the flowers and herbs I was growing, he replied "Very nice, dear, but you know – I'm a **vegetable** man myself". I thought at the time what a macho turn of phrase this was. I tried growing vegetables in my large garden of that time but found the process to be hard work, time-consuming and **very** boring. I appreciate that stockfree organic vegetable farming could very well save the world from starvation and I believe in this activity totally.

I am not a 'vegetable woman' (I have never liked the taste of vegetables, raw or cooked). However, as someone who is passionate about the ethics of veganism, I like to call myself 'a gatherer of herbs and picker of fruit'. To my un-robust qualities and dreamy mentality, the title appeals so much more.

I now live in a maisonette in Islington in London, and grow herbs on my window sills, and outside the door along with flowers. On my balcony (actually this is a minute fire escape) a blackcurrant tree is flourishing (very low maintenance), also honeysuckle and sweet peas. Nasturtium flowers with their edible leaves will appear soon, along with basil and mint, wild garlic and lemon balm.

Nettles, dandelions and chickweed flourish in pots with no help from me. I have two neighbours who each grow interesting plants – one has a vine clinging to his wall, while the other sports green beans climbing along some trellis. I must mention here that outside these third floor flats is a walk above the houses below, which is made beautiful by the hanging basket flowers and multitudes of plants outside residents' doors.



I wander along the leafy lanes of Islington with a basket, and enjoy gathering fruit in season (apples, figs, and blueberries fall off trees in the parks and public gardens), and wild unwanted 'weeds' that are packed with nutritional value. I should mention here that it is best not to take leaves

from busy roadsides as they may contain lead substances from passing vehicles – wild graveyards and parks are better places.

So, I grow flowers for the sheer visual beauty of them, and for the insects (especially bees and butterflies), and herbs for their scent and additions to my meals, also for teas. I try to buy only locally produced fruit, and treats such as vegan ice cream and cheese from the health shops. To non-vegetable growing people I say “Don't feel inferior or guilty – just start being a hunter-gatherer of herbs and fruit”!

*Chantelle Lan*



## MESSAGE FROM HIPPO CHARITY

Oxfam has warned that the cost of basic foods such as maize will double in 20 years. Barbara Stocking, Oxfam's Chief Executive, says that "We are sleepwalking ourselves into ecological disaster."

The only thing we disagree with is her time-scale. We know that in Kenya the price of maize has increased by more than 50% since we left at the end of March - two months, never mind two decades. At that time we were paying 2200 Kenyan shillings (about £17) per 90-kilo bag. Now it is 3500 shillings (about £27) and increasing. Beans cost twice as much. Admittedly some of the present increases are due to speculation on the food market but will they come down again? And they come on the top of what had already been a 50% increase in the previous year. Four years ago we could buy maize for less than 1000/- a bag. Imagine how this affects the poor, who already have to spend all the money they have on food. Now they simply haven't got the money to be able to eat. The rising cost also makes it increasingly difficult for charities like HIPPO to continue to help them.

Oxfam cites a number of reasons for the impending disaster. The one that they consistently fail to address is the most serious one of all, which is simply that more and more meat is being eaten in the world by more and more people and farm livestock consume about 10 times more food than they produce. In fact **farm animals should not be considered as food-producers at all since they are overwhelmingly net food consumers**. The world's people are eating more animal-based foods every year whilst the world's population is growing rapidly. Meanwhile the remaining wild areas of the world are rapidly being destroyed to feed farm animals, e.g. the vast clearance of the Amazon rainforest to grow soya for feeding to the cattle, pigs and poultry of Europe, leading to changes in the world climate, especially in the patterns of rainfall. Trees are the 'pumps' that recycle water back into the atmosphere.

HIPPO has been saying this since its foundation in 1999 and some others have been saying it for even longer. But even taken all together we are but a David to the Goliath of the worldwide meat and dairy industry. The world as a whole needs to consume less meat. **As individuals our best contribution is to eat none at all**. We can use the money we save to help the poor!

## DULWICH PLOT UPDATE

Don't the years fly by!



I must admit for the past few years I have been more practical than academic where gardening is concerned, hence no articles have been written. I thought I would begin this article by updating MCL members with news of the mini orchard, how it started, and its progress at the fair-sized allotment plot I have rented for the past eight years in Dulwich. I garden the vegan/organic way and have been a member of VON from almost the start of its beginning as a vision by a few people, to what it has grown into now - a workable, sustainable organisation accredited by the Soil Association. The magazine is very helpful and informative, and I'm sure other members feel the same way.

Twelve years ago I moved to a London apartment, from a house in Kent which had had a small productive garden that was jam-packed with delicious produce, including two apple trees. I decided on the spur of the moment to cut off a small piece at the end of a branch, and stuck it in a pot. After some years of being moved around from pot to pot, garden to garden, I finally planted it here about seven years ago, where it now stands. In the meantime, I planted two hazel trees (the nuts are always taken by the squirrels) given to me free by The London Wildlife Association - if you're a Southwark resident you're allowed a free tree each year. Then I chose a cob apple to help pollinate the James Grieve (or Spartan), both, up to this year, being yet to flower and produce fruit.

Next I purchased and planted a fig, confining the roots in a strong plastic sack. This has been moved around the plot many times to find the right spot so as to produce figs, but to no avail. Last year I planted it near my small pond without confining the roots, and guess what, there are six figs. Nature is so complex. Over three years ago I planted a wild pear, then purchased a Beurre-Williams pear tree which has masses of flowers each year and then produces hundreds of tiny pears. These all tend to drop off after a few weeks. This year I decided to pick off the weakest pears myself early on, to leave just one or two on each stalk. Hurrah! I may have huge juicy pears in autumn.

The last fruit trees purchased and planted have been a Victoria plum and a cherry (mainly for the birds). Previously a conference tree loaded with baby pears and a bramley apple, both fruited in their first years. At our allotment, trees have to be pruned to about 6-7 ft in autumn, when I also mulch. Watering and spraying the

flowers I only do in very dry weather. I've also been growing herbs and wild flowers in the orchard to help pollination, although I do grow many edible and bee-loving flowers all over the plot.

Excitement - my patience has at last been rewarded. The tree I suspected to be a James Grieve has this year produced a few apples. I hadn't noticed the flowers in between the prolific leaf growth. Nature is so unpredictable, yet surprises us in so many ways. It does seem then, with the help of Mother Nature, I may at last be eating fresh tree fruit from my own-grown orchard.



Peace & Joyful Gardening,

*Gloria Kitson*

Email: [nutrigardens@gmail.com](mailto:nutrigardens@gmail.com)



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### Help save Pogo – get involved!



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Pogo Café is an autonomous, non-hierarchical 100% vegan space run completely by volunteers. We aim to encourage veganism and animal liberation by providing delicious, affordable food and useful information to the local community and beyond.

### People's Kitchen at the Sumac Cafe

#### Sumac Centre, 245 Gladstone Street, Nottingham, NG7 6H

A delightful dish is cooked and served by a different volunteer team each Saturday, with payment by (approx £3) donation. Ingredients are sourced as locally as possible, including some from our own community garden. Food is served from 6.30 until all gone. Children welcome. Dogs on leads. The Bar open from 7.30. Food is vegan, so suitable for (almost) all diets and all cultures. As well as raising vital funds for the Sumac Centre, about once a month the People's Kitchen is given over to support other projects such as Food Not Bombs or the Refugee Forum. Nottingham Anarchist Black Cross hosts People's Kitchen on the last Saturday of each month. As well as providing a delicious vegan meal, they provide reading material, advice on writing letters to prisoners, and postcards to sign and post to those unlucky enough to be doing time.

## **MCL ADDRESSES**

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

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### **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 SEPTEMBER**

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**

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

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**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. Summer issue No 122 includes an interview with Lee Hall (author of a new book on animal rights philosophy), also memories of Harry Mather, more on speaking in schools - plus letters, recipes, 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.

**Seeking contact:** free one-off contact advert for Contact Scheme members (up to 20 words plus your contact details) can be here.

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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.**

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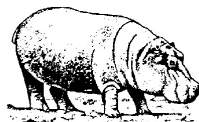
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