



# EarthSave

## Healthy People Healthy Planet™

Fall 1999 Volume 10 Number 3

## Brutality: Main Crop of Factory Farms?

Special Report to EarthSave from Gene and Lorri Bauston

Every year, over eight billion animals are raised, transported, and slaughtered under grossly inhumane conditions. Animals are crammed into small crates, dragged to auctions with chains, and slaughtered while they are fully conscious. All of these practices are considered “normal agricultural operation” and have become “business as usual” in a system driven by profit. The food animal industry treats animals as commodities, not living, feeling animals. In most factory farms, economic priorities, not humane considerations, determine industry practices in all aspects of animal agriculture, from production and transporting, to marketing and slaughter.

### Misery Begins at Home

The misery begins at the production or breeding facility. The vast majority of animals used for food production are raised in confined animal feeding operations (CAFOs), commonly called “factory farms”. Overcrowding is one of the most common production techniques used in intensive confinement systems. In hog production, for example, the pork industry readily admits that “Overcrowding Pigs Pays - If It's Managed Properly” (National Hog Farmer, 11/15/93). To produce pork profitably, thousands of pigs are crammed into giant metal warehouses in rows of crates. Feeding, watering, and manure disposal are completely automated, and animals do not receive individual care or attention.

The Land O'Lakes corporation's hog division estimates that “a hog needs just 12 minutes of human attention during its four months” in a confinement operation (Wall Street Journal, 5/4/96 “Iowans Can Handle Pig Smells but This is Something Else”). Breeding sows spend most of their adult lives pregnant, confined in gestation or farrowing crates measuring just two feet by six feet long. The sows cannot walk, turn around, or even lie down comfortably. When the piglets reach three weeks of age, they are taken from their mothers and crowded into finishing pens until they reach slaughter weight.

According to hog industry reports, over 70% of pigs in CAFOs suffer painful foot and leg injuries, irritating skin mange, and chronic respiratory diseases. Conditions are so harsh that millions of pigs die before reaching the slaughterhouse every year.

Like the pork industry, the egg industry has implemented unnatural and stressful production systems to maximize profits. To produce eggs, four to five laying hens are crammed into a cage about the size of a folded newspaper. The USDA recommends giving each hen four inches of “feeder space,” which means the agency would advise packing four hens in a cage just 16 inches wide. The cages, stacked by the thousands in long rows, are crowded into large sheds. To reduce pecking, which results from overcrowding, laying hens have their beaks cut off. Debeaking is a painful procedure that involves cutting through bone, cartilage, and soft tissue. One researcher noted, “Neurophysiological and behavioral observations provide indirect evidence that beak-trimming of pullets causes pain which apparently persists for weeks or even months” (1992 Poultry Science, 71:1830-1941). The birds suffer even more painful manipulations at the end of their laying cycles when they are made to undergo a process called “force-molting.” This process involves starving the hens for up to 18 days, keeping them in the dark, and denying them water to shock their bodies into another egg-laying cycle. The birds may lose more than 25% of their body weight during the molt, and it is common for between 5% to 10% to die (1992 J. Appl. Poultry Ees. 1:200-206).

### An Endless Cycle of Suffering

Severe animal suffering has also resulted from the industry's practice of reproductive and genetic manipulation. Dairy cows, for example, live a continuous cycle of impregnation, birth and milking. Dairy cows are milked for 10 months of the year, and for seven of these months, the cows are also pregnant. Immediately after giving birth, her calf is taken away so that the milk can be sold for human consumption. Modern dairy cows are under constant stress as they are pushed to produce as much as 10 times more milk than they

would in nature. Increased milk production, intensified with the use of bovine growth hormone (BGH), leads to increased incidences of painful udder infections, lameness, and other ailments. After four to five years of intensive production, worn out and unproductive dairy cows are slaughtered for ground beef; a large proportion of hamburger comes from former dairy cows.

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A note from John Robbins, page 5



# Letter from Board Chair

## Our Mission

*EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.*

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For many people, the holidays are times to become more committed to a spiritual practice. Often this practice means a concerted effort to live more thoughtfully and more compassionately toward all creatures on earth. For some, this will mean working for the preservation of an endangered species. For others, it will mean volunteering at a local animal shelter. For still others, it will mean a reduction or elimination in the animal products they consume.

While almost everyone supports laws that protect dogs and cats from abuse by humans, many do not know that animals designated for human consumption are afforded no such protections. What is done routinely to a pig would be illegal

if done to a dog. Our feature article explores the horrific realities of life for today's farm animals. When we changed our mission statement in July of this year, we did so in order to add compassion as a third reason — beyond health and environment — to shift toward a plant-based diet. This article is the first step in that direction.

In *Diet for a New America*, our founder John Robbins (see page 5 for an update from John) so convincingly wrote about how our food choices are connected with all aspects of our lives. When we improve our eating habits, he wrote, we improve our own health. When we improve our own health, we also happen to improve the health of our environment. And when we improve our environment, we also happen to greatly reduce animal and human suffering. Indeed, it is hard to imagine any other change in our lives that could have such a profound effect as our eating habits do on so many seemingly unrelated matters in this world.

EarthSave's loving, non-judgmental, and all-accepting tone will be strengthened as we embrace compassion as a reason to move toward a plant-based diet. As a group, and as individuals, we can no longer ignore the senseless suffering of these defenseless animals. Certainly a chicken or a pig or a cow feels the same pain as a dog or a cat, and should therefore be protected — up to and including the moment of slaughter — against unnecessary abuse.

We have recently nearly doubled the size of our board of directors this year with an energetic group of activists from across the country. Volunteers such as Willy Laurie (see page 4) are helping us to expand our work into new areas and new geographies.

In addition to Willy's work with EarthSave Canada, we are "going global" as we explore the creation of new chapters in Asia and Australia. As more and more people around the world begin to recognize the incredible benefits of a shift toward a plant-based diet, their transition will be made much easier with the support that our local chapters provide. If there isn't an EarthSave chapter near you, consider starting one today (see page 8). Whether you do it for your health, your planet, or for the animals, there isn't a greater gift you could give this holiday season.

Yours for a peaceful and compassionate season,

John D. Borders, Jr., J.D., Chair



# Professional Vegetarian Cooking, by Ken Bergeron

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Reviewed by John D. Borders, Jr., J.D.

Many restaurants across the country are trying to serve more meatless fare these days because of an increasing consumer demand. But often they strike out because the quality of their vegetarian food doesn't match that of their meat-and-dairy-laden counterparts. With the release of *Professional Vegetarian Cooking*, chefs everywhere will find it easy to put spectacular plant-based options on their menus.

As one of only three professional vegan cooks with Certified Executive Chef status in the American Culinary Federation, Chef Ken Bergeron is quite well known within the vegetarian community. His annual appearances at the North American Vegetarian Society (NAVS) Summerfest are always a highlight of the festival. Chef Bergeron has also presented for several EarthSave groups.

*Professional Vegetarian Cooking* is a great resource for chefs, not only because the recipes are spectacular, but also because it offers a clear explanation of why restaurants might want to serve vegetarian dishes and why restaurant patrons choose vegetarian diets in the first place.

The first Gold Medal winner for all-vegan savory foods presentations at the Culinary Olympics in Germany, Chef Bergeron presents an amazingly creative array of recipes in his first cookbook. From the simple "Carrot Hazelnut Spread" to the complex "Vegetable Walnut and Pecan Terrine," the appetizer section is vast enough to cover any dinner party or seasonal menu. The "Winter Squash Hazelnut Bisque," the "Mushroom Cashew Crème Soup" and the "Corn Chowder" prove that the use of nuts and nut butters can give vegan soups all of the richness and complexity of cream-based soups. Indeed, the corn chowder is positively the best chowder you will ever eat.

The "Salad" chapter showcases Chef Bergeron's interest and skill in working with all varieties of mushrooms. And recipes such as "Sea Czar Salad with Blackened Tofu" and "Ruby Grapefruit, Pomegranate and Assorted Greens" exhibit his skill in juxtaposing ingredients in a way that makes you think that they were created in nature side-by-side with one another.

*Professional Vegetarian Cooking* divides entrees into categories of vegetable-based, pasta-based, bean- and grain-based and alternative protein-based main dishes. There are enough recipes here (all vegan) to

keep any chef or home cook busy for a lifetime.

There's plenty of room for the creative cook to try variations too. For example, I substituted tempeh for the tofu in the "Blackened Tofu with Tarragon Shallot Cashew Butter Sauce" and tried it out on a dinner party for 25. It was a big hit, especially with the omnivores in the crowd.

Chef Bergeron also offers more than 30 vegan desserts with simple, easy-to-follow directions. The "Chocolate Zucchini 'Nanny' Cake," served with "Corn Crème Anglaze" is amazing; the "Garnet Yam Cake with Carmel Vegan Icing" is delicious; but the "Chocolate Almond Tart" (when served with the "Raspberry Dessert Sauce") is the best (and easiest to make) chocolate dessert going. In fact, in Louisville, EarthSave and the Kentucky Humane Society have served this recipe with great results to more than 600 people. And the audience never knew they were eating a healthy dose of tofu!

This is a cookbook for any restaurant or home cook who wants recipes that will dazzle a crowd. And since the recipes are easy to scale down, and generally easy to prepare, they will also dazzle the whole family. Vegan cooking will never be the same.

## Chocolate Almond Tart

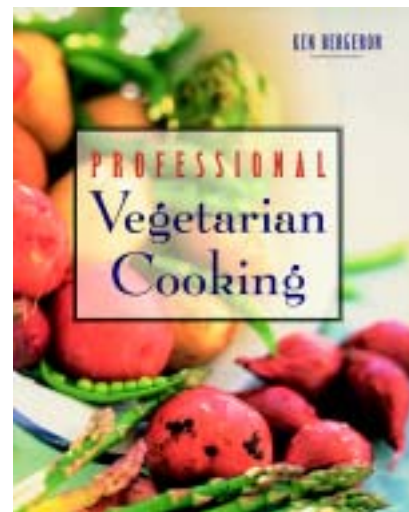
From *Professional Vegetarian Cooking*, by Ken Bergeron. Reprinted by permission.

This recipe can be formed in an 8-inch or 9-inch spring form pan. The smaller pan will produce a taller dessert.

### Crust

Toasted almonds	1 cup
Dairy-free granola	1 ½ cups
Maple syrup	1 tablespoon
Soy margarine	1 tablespoon
Apple juice	2 tablespoons
Almond extract	¼ teaspoon

*Recipe continues on page 7*



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## Spotlight on New Board Member: Willy Laurie



In 1995, RCMP (Royal Canadian Mounted Police) veteran Willy Laurie asked a friend for some fat-cutting recipes to help him improve his sports performance. The friend was Francis Janes — former EarthSave International board chair — the recipes were vegan, and within a few months, Laurie was himself a vegan, a board member of EarthSave Canada, and “committed for life to assisting others in learning the powerful benefits of moving toward a plant-based diet.”

“I went about things backwardly,” Laurie says. “I became a vegetarian without being conscious of it. I cut out saturated fats and found myself eating no animals, joined the board (of EarthSave Canada), and only then read *Diet for a New America*.”

Regardless of his approach, there’s no doubt that

Laurie is committed to getting the EarthSave message across...not only in Canada, but also worldwide. After serving on the board of EarthSave Canada for two years and as its president for another two years, he accepted an invitation this October to join the board of EarthSave International, thus making the board a truly international body. While working with EarthSave International and EarthSave Canada, Laurie is also helping Chinese-Canadian businessman Gene Cheng with the start-up of EarthSave Asia in Hong Kong.

Laurie has been a member of the RCMP for nearly 28 years. He has also worked as a Sinologist and a Kremlinologist, and spent some years as a scuba instructor. In his free time, he enjoys running — he’s run two marathons—climbing, and listening to rock music. His favorite vegan cuisine is Chinese.

## Did You Know...

### Why is Johnny Fat?

*Potato chips and French fries make up more than one-quarter of the vegetable servings eaten by children, and nearly one-third of the veggies eaten by teenagers.*

### Violence Begins at Home...or in the Kennel

*People who abuse or torture animals are likely to do the same violent acts on humans, according to a Canadian police study.*

## Chapter Profile: EarthSave Boston

Chartered a little more than a year ago, EarthSave’s Boston chapter now has about 45 members who come from a variety of different food traditions – from raw food to macrobiotic to everything in between. Their community activities include a monthly speaker series at a local community center that presents a speaker, discussion and a vegan dinner. They also offer their members a wide range of activities and opportunities for involvement, including potlucks and an active and wide-ranging email discussion group.

A major focus for this group has been educating themselves and others about the issues around genetically engineered food, and other problems related to corporate dominance of our food and agricultural system. A number of EarthSave Boston’s members are interested in helping to develop more democratic decision-making procedures in determining societal food policy.

### Boston’s core group includes:

#### Charlie Behrens

Behrens has been involved nationally in bringing the anti-GE food message to the Unitarian Church, of which he’s an active member. He is Boston’s webmaster extraordinaire!

#### Rick Charnes

A sociologist, social-ecologist and lover of nature, Charnes is interested in bringing together issues of personal change and social change.

#### Nina Moliver

A nutritional and macrobiotic counselor, Moliver has expertise in the underlying ideologies of science upon which genetic engineering is based, and has been active in bringing the anti-GE message to the Jewish community.

#### Robin Stone

A nutritionist extraordinaire, raw food advocate and editor, Stone has trained for a number of years in various modalities of group facilitation and personal growth.

# A few words from EarthSave founder John Robbins



I'm glad to welcome Howard Lyman on board as the new President of EarthSave International. A long time EarthSave Board member, Howard has done as much as anyone alive to educate, inspire, and empower people to move in a vegetarian direction. With Howard at the helm, look for EarthSave to become even more effective.

In recent days, I've become increasingly concerned about the role our nation is playing in the global context regarding the genetic engineering of foods. (An excellent source of updates is *Rachel's Environment and Health Weekly* – [www.rachel.org](http://www.rachel.org)).

Advocates of genetic engineering say it's about world hunger. "As the global population expands," they say, "so must its reliable food supply." Those questioning genetic engineering, they say, are "nervous nellys."

But neither Monsanto nor any of the other genetic engineering companies are developing genetically engineered crops that might solve global food shortages.

If the goal of genetically engineered crops was to feed the hungry, then Monsanto and the others would be developing seed with certain predictable characteristics: (1) the ability to grow on substandard or marginal soils, (2) the ability to produce more high-quality protein, (3) the ability to increase per-acre yield without the use of expensive chemicals, and (4) the ability to withstand drought.

None of the genetically engineered crops now available or in development has any of these desirable characteristics. What, then, are they designed for? Most are specifically designed to increase the sale of the biocides produced by the companies that are selling the genetically engineered seeds.

Monsanto's "Roundup Ready" products, for example, have been genetically engineered to withstand heavy doses of Monsanto's all-time top money-making herbicide, Roundup™ (glyphosate).

Monsanto's other major line of genetically engineered crops contains the gene from the natural pesticide *Bacillus thuringiensis* (Bt). Bt is a naturally occurring soil organism that kills caterpillars that like to eat the leaves of many crops. Farmers who try to minimize their use of synthetic chemical pesticides have for many years relied on an occasional dusting with Bt to prevent a crop from being overrun with leaf-eating caterpillars. Bt plays a crucial role for those farmers utilizing integrated pest management techniques, and those moving in an organic direction. For the transition toward low-chemical farming and the organic movement, Bt has been a godsend.

But now Monsanto has come along and engineered a Bt gene into cotton, corn and potatoes. Every cell of these plants contains the Bt gene, and produces the Bt toxin. It is like saturating the entire crop with Bt, day after day after day. The result is entirely predictable. When insect pests nibble on any part of these crops, the only ones who will survive are those that are resistant to the Bt toxin. Scientists at Dow Chemical, who are marketing their own line of Bt-containing crops, say that in 10 years Bt will have no more agricultural usefulness because so many insects will have developed resistance to its toxin.

Thus, Monsanto and Dow will profit in the short term, while destroying the usefulness of the most important natural pesticide in organic agriculture.

Everywhere else on this planet this technology is being greeted with caution. In every other nation there is widespread concern about the most powerful technology that human beings have ever discovered being rushed into commercial use by the same corporations that, historically, have produced one large-scale calamity after another. These companies who want control over the world's food supply are the same companies, after all, that have brought us PCBs, CFCs, DDT and Agent Orange.

In April of this year, the seven largest grocery chains in six European countries made a public commitment to not carry genetically engineered foods. In Ireland, Great Britain, France, and India, farmer-led uprisings have burned and destroyed Monsanto's test plots. In India, Monsanto is growing genetically engineered plants in greenhouses constructed of bulletproof plastic. The rest of the world is rightly suspicious when U.S. companies make a move to control their food supply.

Here though, it's a different story. Here we have Sandy Berger, director of the U.S. National Security Council, prevailing upon the leaders of other nations to support the immediate and widespread use of the technology. Here we have Monsanto contributing major money to President Clinton's campaigns and flying reporters around, including a stop in the Oval Office. When the French are reluctant to allow Monsanto's seeds to sprout on French soil, we have Secretary of State Madeline Albright intervening on Monsanto's behalf. When the French still resist, we have both President Clinton and Vice-President Gore personally making phone calls to put pressure on French Prime Minister Lionel Jospin about the issue.



*John Robbins, EarthSave founder and author of Diet for a New America.*



Labeling legislation called the "Genetically Engineered Food Right to Know Act" has been introduced into the U.S. House of Representatives. Please write your representative and ask him or her to co-sponsor this legislation.

If you join The Campaign you will receive a free "Grassroots Lobbying Packet" including letters customized to your legislative district. Learn more at...

[www.thecampaign.org](http://www.thecampaign.org)

—continued on the back page



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—continued from front page

Factory farm operations vary in size and standards, but most share one practice in common—severe animal deprivation, cruelty, and neglect. Blatant animal abuses such as overcrowding, excessive reproduction, genetic manipulation and severe confinement are standard industry practices — and legal. Currently, there are no federal or state laws that prohibit any of these industry practices. Animals used for “food production” are specifically excluded from the federal Animal Welfare Act and most state humane laws exempt “livestock” and “poultry.”

After production, animals are either shipped directly to slaughter or trucked to livestock marketing facilities such as stockyards and auctions. During transport, animals are crammed into severely overcrowded trucks, and suffer from stress, inadequate ventilation, and trampling injuries. As with production practices, transportation overcrowding is deliberately done to increase profits. A Pennsylvania swine specialist wrote, “...over 250 hogs show up dead at packing plants every day. Death losses during transport are too high...but it doesn't take a lot of imagination to figure out why we load as many hogs on a truck as we do. It's cheaper.” (Lancaster Farming, 10/27/90)

## Agony is Industry Standard

Death, injury, and disease are accepted industry standards during the transporting and marketing processes. Every year, hundreds of thousands of animals collapse from the cruel conditions and can no longer stand. It is so common that the meat and dairy industries even have a name for these animals— “downers”. Downed animals can still be sold for human consumption, as long as the animal is still alive. These animals are commonly left in alleyways or unloading docks, without food, water, or veterinary care, until it's convenient to take them to slaughter—usually the next day. In many cases, the animals die of neglect. Downed animals are typically dragged with chains or pushed with tractors or forklifts, practices that cause injuries ranging from bruises and abrasions to torn ligaments and broken bones. Downed animals that are no longer profitable are left to die slowly and painfully; stockyards and auctions generally do not humanely euthanize unwanted animals, as it is easier to abandon them.

Animals are not adequately protected from transportation and marketing abuses under most laws. Most state transportation laws do not protect animals used for food production. Either these animals are expressly excluded from the law, or law enforcement is unwilling to prosecute violations. The only federal law pertaining to transportation allows animals to be transported for up to 36 hours without food or water, and the law does not address overcrowding abuses.

## The Final Nightmare

The final horror for animals raised for food production is the slaughterhouse. Stunning is not required for poultry, which comprise over 90% of animals designated for human consumption. As a result, fully conscious birds are hung upside down by their feet on metal shackles, suffering pain and terror as they are carried on a conveyor belt to the knife. Where stunning is used, industry reports indicate a high failure rate. Currently the industry uses three methods to stun animals, all of which cause tremendous pain and suffering. If captive bolt guns are improperly placed or if the gun is poorly maintained, the animals are not stunned, and will be in severe pain from a partial impact. Cardiac arrest stunning kills the animals by stopping the heart, and animals can feel painful heart attack symptoms. Insufficient cardiac electrical stunning also results in paralyzed animals that feel everything. Many small plants use head-only stunning because they lack restraint equipment. This type of stunning is reversible, and animals can regain consciousness if they are not bled immediately due to slow hoists or other handling problems.

The most severe stunning problems occurred in calf slaughterhouses. According to Temple Grandin, a livestock industry consultant, “Approximately half of the calf slaughterers in the U.S. shackle calves while they are still alive,” despite the fact that this is illegal. (Meat & Poultry, March 1990 “Animal Welfare Concerns Grow”). Under the federal Humane Slaughter Act, animals are supposed to be stunned prior to slaughter. In addition to excluding poultry from stunning requirements, the law excludes ritual slaughter, such as kosher and halal. At hundreds of ritual slaughterhouses, a chain is wrapped around one of the animal's rear legs and the frightened, conscious animal is hoisted into the air, kicking and thrashing. Large animals, such as cattle, are particularly prone to torn ligaments and broken bones during the process. Grandin, who has been allowed to visit ritual slaughter plants wrote, “...after visiting one plant in which five steers were hung up in a row to await slaughter, I had nightmares. The animals were hitting the walls and their bellowing could be heard in the parking lot. In some plants, the suspended animal's head is restrained by a nosetong... [S]tretching of the neck by pulling on the nose is painful. Suspension upside-down also causes great discomfort....” (Moment, 2/91 “Is Kosher Slaughtering Inhumane?”)

The raising, transporting, and slaughter of animals for food is a nightmare for billions of animals. As in other countries, we must pass legislation and initiate legal actions to ban cruel confinement systems, downed animal cruelties, and slaughterhouse abuses. The quickest way to end this suffering, of course, is to drastically reduce the number of animals consumed in this country. As always, the power is in your fork.

*Gene and Lori Bauston are founders of Farm Sanctuary, a farm animal protection organization which operates shelters in New York and California, and campaigns to stop farm animal abuse.*

[www.farmsanctuary.org](http://www.farmsanctuary.org)

## Filling

Recipe continued from page 3

Chocolate chips, semi-sweet, dairy-free	3 cups
Extra-firm silken tofu	3 ½ cups
Maple syrup	4 tablespoons
Vanilla extract	2 teaspoons
Almond extract	1 teaspoon

For the crust, reserve a few almonds for garnish, then put all the remaining crust ingredients into a food processor and process to a coarse mixture that sticks together. Turn out the crust mixture into the spring form pan and evenly coat the bottom, making it slightly higher at the edges.

For the filling, melt the chocolate chips over barely simmering water. As chocolate melts put all other filling ingredients into the food processor and process until smooth. Add the melted chocolate and process until completely incorporated. Taste the mixture and adjust if needed.

Reserve about 1 cup of the filling and chill. Turn the remaining mixture into the crust-lined spring form pan. Smooth the top, cover the pan and chill for 2 hours. Put the reserved chilled chocolate filling into a pastry bag fitted with a star tip and pipe decorations around the top edge of the tart. Chop the reserved toasted almonds and sprinkle on top. Chill to firm up the piping work. Using a sharp pointed knife, wipe with a damp towel between each slice, and cut and serve. The point of the knife will help loosen the slices from the pan.

(Note: You can skip the piping step and include the extra cup of filling in the tarts.)

Serves 12-16. Serve with Raspberry Dessert Sauce, if desired.

Variation: The soy margarine could be omitted from the crust and replaced with a little more juice to bind it. It will, however, be a little more crumbly. Other juice flavors could be used. Use hazelnuts in place of the almonds. The filling can be used as a frosting.

## Raspberry Dessert Sauce

Fresh raspberries	½ cup
All-fruit seedless raspberry jam	½ cup
Apple-raspberry juice	½ cup

Blend all ingredients until smooth. Chill before serving. Strain to remove the seeds if desired. Makes 12 two-tablespoon servings.

Variation: Plain apple juice could be used in the recipe. Frozen raspberries (measured frozen) work well. A grind or two of black pepper from a pepper grinder and a drizzle of balsamic vinegar can be used to enhance flavor.

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The speed with which the U.S. government has paved the way for genetically engineered crops is blinding, considering the gravity of the risks and how much is at stake. In 1995, no genetically modified crops were grown for commercial sale. In 1998, more than 50 million acres of genetically engineered crops were grown in the U.S.—far more than everywhere else in the world combined. In 1997, 15% of the U.S. soybean crop was grown from genetically engineered seed. This year, 50%. Next year, Monsanto predicts, 100% of the U.S. soybean crop will be grown from genetically engineered Roundup Ready seeds.

Bt corn was first introduced only three years ago, but this year will be planted on nearly 20 million acres, 25% of the U.S. corn crop. It's recently been shown (May 20, 1999, issue of *Nature*) that Bt corn produces a wind-borne pollen that kills monarch butterflies. The corn belt is the heart of the butterfly's breeding range.

Why has the U.S. government fought the labeling of food products containing genetically engineered foods? Why have our officials decreed that no public records need be kept of which farms are using genetically engineered seeds? Is there some advantage to keeping the public in the dark about the rapid spread of genetically engineered foods onto their dinner tables? Is there some advantage to making it exceedingly difficult for epidemiologists to track the impact of eating these foods on people's health?

I'm glad that EarthSave is recognizing the dangers of this technology, and speaking out about those dangers. I'm glad that Howard Lyman is now president, because I know that, thanks to his leadership, EarthSave's voice will be heard.

## Interested in starting an EarthSave Chapter?

If you'd like information on starting an EarthSave Chapter in your area, please call Audrey Nickel at (831) 335-4879, or email her at [audrey@earthsave.org](mailto:audrey@earthsave.org)



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