



# The Compassionate Vegetarian

A Publication of CARE (Compassion for Animals—Respect for the Environment, Inc.)

Fall 2011

## Bigger Cages? Or Enlightened Cooking? *by Lee Hall*

We all know eggs come from chickens. But we don't always think about how those chickens live. For each bird in the high-volume eggs production industry, the space allotted is no larger than a sheet of office paper.

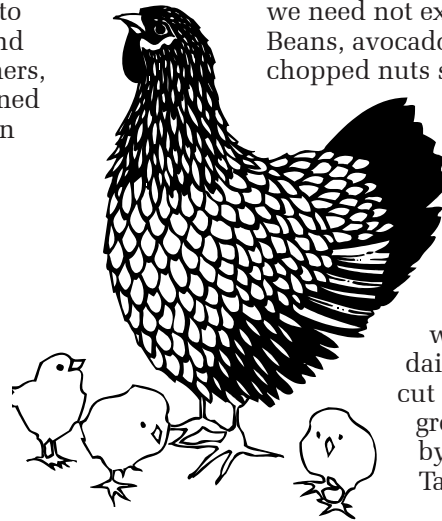
By 2029, a new standard cage size will apply nationwide, according to a recent promise from United Egg Producers, the marketing association for the majority of U.S. egg sellers. New cages would nearly double the space allowed to each bird. 'Enriched colony cages' would be designed to permit a semblance of perching and nesting motion, though the fruits of the 'nesting' will not belong to the birds. Labels will identify the type of confinement used to produce a given carton of eggs.

The egg producers' group also told animal-protectionists it would regulate ammonia levels, and modify the methods businesses

apply to force birds to 'molt' (a shedding and replacement of feathers, followed by heightened egg production for an extended period).

Lawmaking is typically marked by contortions and compromises. And legislation can be repealed. But let's assume this proposal is enacted as United Egg Producers says it can be; and say, 18 years later, it takes effect. Could we then call this a step forward in animal protection?

First, let's note that our bodies have no nutritional need for the eggs of other animals. If we're looking for a way to increase protein or fat intake,



we need not expect help from a bird. Beans, avocados, or quinoa with chopped nuts supply what we need.

And we damage our environment when we take the extra resources required to store and feed animals—chickens included.

North Americans who opt out of eggs, dairy, and flesh products cut our yearly individual greenhouse gas emissions by about a ton and a half. Talk about direct action!

But those vital messages are absent in talk of a 'step forward' when a new model of birdcage is proposed.

Putting birds in colony cages, taking their eggs away, and killing them at the end of their run does not make them happy. It doesn't even make them more fortunate than they used to be. Birds in cages 18 years from now won't thank us because we could have made those cages smaller. Birds kept in colony cages show a heightened vulnerability to bumblefoot, an infection of the skin and tissues of the foot. They never see or feel the light and warmth of the sun. The bleak conditions of egg farms lead some birds into what industry calls 'hen hysteria' and desperate attempts to compete over what little space and material they have. No matter the kind of cages (or sheds, in the case of free-range) birds will occupy, the suppliers first sever the beaks of newly hatched chicks, to keep birds from pecking each other. And hundreds of millions of male chicks will be killed annually at the hatcheries, for male birds are useless in egg production.

Cannibalism occurs in confinement—whether in sheds,

*(continued on page 2)*

### CARE CROSSROADS...

Once again, a warm welcome was extended to the many CARE members and friends who attended Betsy's potluck in June. Thank you, Betsy, for an enjoyable evening!

CARE's 16th Annual Veggie Fest took place again this year in June at Hoopes Park. Our deepest thanks to the volunteers, exhibitors, and entertainers who gave of their time and talents; to the businesses that donated various food items; and to the Great Pumpkin for receiving and storing all of our food. Many people traveled long distances to table and volunteer at this event, including Peter Fong who served dishes donated by Singapore Kosher Vegetarian Restaurant in Philadelphia, as well as representatives from American Vegan Society in New Jersey, Raw Can Roll Cafe in Douglassville, and Harrisburg's Green Street Vegetarian Club. We appreciate each and every one of our supporters! (Please refer to page 4 of this newsletter for the complete list of acknowledgements.)

In July, several CARE members attended Summerfest in Johnstown, PA. Delaware Action for Animals, Friends of Animals, and Green Street Vegetarian Club shared an information table with CARE. Our vice president Lee Hall was among the speakers at this annual five-day event.

Several people enjoyed a vegan dessert demo and book signing with Fran Costigan at Whole Foods Devon, after which a large group met for dinner at Su Tao in Malvern.

August found CARE members and friends enjoying not one, but two, potluck/swim parties at the home of Lee Ruslander in Parkesburg. Delicious oil-free food, friendship, and a welcome relief from the heat!

# CARE

Compassion for Animals—  
Respect for the Environment, Inc.  
is an all-volunteer,  
nonprofit 501(c)3 organization.

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The individual views expressed  
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## Mission Statement

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



## CARE—saving animals one meal at a time

The official registration and  
financial information of  
Compassion for Animals, Respect  
for the Environment, Inc., may be  
obtained from the Pennsylvania  
Department of State by calling  
toll-free, within Pennsylvania,  
1-800-732-0999. Registration does  
not imply endorsement.



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# UPCOMING CARE EVENTS

*All events are vegan. Vegan is defined as containing no meat, fish, fowl, or other animal products such as dairy, eggs, or honey. CARE potlucks are for CARE members and guests accompanying a member. CARE encourages the use of public transport and carpooling to events. SEPTA: 215-580-7800 or www.septa.com.*

## Saturday, September 17: Dinner at India Garden Restaurant

6 pm. You know it's good when CARE returns for our 7th annual dinner at this very accommodating restaurant located at 531 E. Gay Street, West Chester, PA. Enjoy a wonderful family-style six-course dinner for only \$18, including tax and tip. RSVP to Lee Ruslander at 610-696-0212 or ruslander@aol.com.

## Saturday, October 22: Dinner at Raw Can Roll Cafe

6 pm. Join us for a delightful meal at this unique vegan restaurant in Douglassville, PA. We promise you won't be disappointed. Please visit the website at [www.RawCanRollCafe.com](http://www.RawCanRollCafe.com) to view their menu and pre-order your meal. RSVP to Maryanne at 610-497-8927 or [xouthumanemyths@gmail.com](mailto:xouthumanemyths@gmail.com).

## Saturday, November 5: World Vegan Day Celebratory Dinner

4 pm. New Hope, PA. Experience the delights of gourmet vegan dining at Sprig & Vine. Space is limited to 25 people and we're filling up fast, so please make your reservations early. Contact Lee Hall at [probonobo@sprynet.com](mailto:probonobo@sprynet.com).

## Saturday, December 3: Oil- and Nut-Free Potluck

6 pm. Paoli, PA. Mark your calendar for another entertaining evening at the home of Anthony and Bobbie. Please bring your oil- and nut-free dish to satisfy the palates of eight hungry people. RSVP to Anthony at 610-296-5427.

## Bigger Cages? Or Enlightened Cooking? (continued)

barren cages or the new furnished cages. And ultimately the birds who survive their 70 weeks of captive existence will be slaughtered as—to use the industrial terminology—spent hens.

### A Time Ripe for Change

It's become urgently clear that our sense of entitlement over the planet is resulting in climate disruption, an alarming rate of extinctions, and dead zones in the oceans. The time is ripe for change. Although some advocates say United Egg Producers would be stepping forward by following the model of European egg companies as they discard cramped battery cages, in truth continental Europe's egg market is a high-volume affair. Producers use a multi-tiered system to fill buildings with cages upon cages of birds under EU regulations allowing up to three tiers.

And as long as people are buying eggs and other animal products, they aren't learning to eat without supporting animal agribusiness.

It's not wrong to hope to improve the bleakest situations for animals in commerce. But who will monitor the warehouses? In return for the United Egg Producers' agreement, an influential non-profit player has agreed not to conduct exposés at farms belonging to the trade association; and a federal standard will preclude stricter measures or cruelty investigations at the state level. When it comes down to it, businesses will only make improvements of real significance on the day people just say no to eggs.

Can our culture shift to life beyond eggs and other animal products? Consider this: Five hundred years ago, before the Copernican revolution, Europeans thought Earth was central in the cosmos; everything revolved around us. New knowledge came as a shock; then a culture's perspective shifted. What had seemed obvious and eternal was something else entirely: an error of the past.

Similarly, we can challenge an old view that Homo sapiens alone merit serious moral consideration, and that we can enslave all others or uproot and pave over their habitats, their homes.

Another humanity is possible. Many advocates believe in pursuing it in incremental steps. And that might well be the way forward, but the first step is from the egg and dairy aisle to the vegan cookbook.

# The CFL-Mercury-Tuna Connection

by Maryanne Appel



Although many of us are concerned about mercury in CFLs (compact fluorescent lamps), evidence shows that such concerns can, for the most part, be laid to rest. According to Energy Star, a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy, the average CFL bulb contains only four milligrams of mercury.

To put that into context, this is equivalent to the amount of mercury in a forkful of albacore tuna. To state this another way, one is likely to be exposed to more mercury from consuming one tuna-based meal than from a broken CFL bulb.

Further, this exposure will be in the more toxic form of organic methylmercury (which can affect our nervous system and fetal development) rather than the less toxic, inorganic elemental mercury.

The EPA informs us that “the highest concentrations of methylmercury are generally found in large fish that eat other fish. The concentrations of methylmercury in large fish can be over a million-fold larger than in the surrounding water.”

One concern many people have is that the mercury inside the CFL bulb will be released if the bulb is broken. However, even though these bulbs are made of glass, they are not fragile and can take normal handling. If a bulb breaks, one can simply follow the recommended guidelines for cleaning up the small amount of mercury that has been released.

To prevent mercury from escaping, burned out CFLs should be recycled instead of consigning them to the landfill. Many solid waste agencies and even some home improvement stores have programs for CFL bulb recycling. All you need to do is request a special container to collect your bulbs and return them to the store to be recycled.

One added note: Although a traditional incandescent bulb costs less to purchase, it uses up to four times as much energy as a CFL and has a much shorter life span.

The following sources were used in preparing this article:  
www.1000bulbs.com  
www.epa.gov  
www.environmentalhealthnews.org

## For a tasty tuna-friendly salad, try this easy recipe:

- 1 15-oz. can chickpeas, drained
- 1/4 tsp. salt
- 2 med.-size stalks celery, diced
- 1/4 tsp. pepper
- 1/2 cup sweet onion, diced
- 3/4 tsp. powdered kelp
- 1/2 cup Vegemaise (or to taste)

Mash chickpeas (can be done with a potato masher). Mix all ingredients. Makes 4 servings.

# Check Your Mailing Label

If your mailing label 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 below to join or renew. CARE needs your support. Also, please let us know if your address has changed. Thank you!

***Never, never be afraid to do what's right especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our souls when we look the other way.***

—Martin Luther King, Jr.



## Join CARE

NEW

RENEW

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Date \_\_\_\_\_

**Yes, I would like to join CARE in its efforts toward compassionate living.**  
All levels include: newsletter; invitation to annual meeting; discounts on CARE's t-shirts, books, and events

- Individual: \$20       Individual (age 65 and over): \$15
- Household: \$30       Supporter: \$50
- Sustainer: \$100 (includes a copy of award-winning book *The China Study* by T. Colin Campbell, PhD, and Thomas M. Campbell II)
- I do not wish to receive the complimentary book.
- I've also enclosed a contribution of \$ \_\_\_\_\_ to help CARE in its work.
- Yes, I would like to volunteer. Please contact me.

**Make checks payable to CARE.**  
Return to CARE, P.O. Box 847, West Chester, PA 19381.

**CARE is a nonprofit  
501(c)3 organization**

## Zucchini Lasagna

1 large onion, coarsely chopped  
3 garlic cloves, chopped  
1 green pepper, coarsely chopped  
1 package sliced mushrooms  
1 tsp. sugar (optional)  
Pinch of sea salt (optional)  
1 tsp. garlic powder  
1 tsp. oregano  
Fresh ground pepper  
2 14.5-oz. cans diced tomatoes (unsalted; with basil, garlic and oregano)  
2 8-oz. cans tomato sauce (unsalted)  
2 zucchinis, thinly sliced lengthwise  
3 lasagna noodles (cooked to *al dente*)  
1 package firm tofu  
1 carrot, shredded  
1 10-oz. package frozen spinach or comparable amount of fresh spinach

Simmer onion, pepper and mushrooms in a small amount of water, wine or vegetable broth until vegetables are soft. Add diced tomatoes and sauce. Simmer, uncovered, for 15 minutes. Correct seasonings: add more oregano, basil and salt and sugar if desired. Drain tofu, pat dry, place in large bowl and crumble with a fork. Add shredded carrots, cooked spinach, ½ tsp. garlic powder and ½ tsp. oregano. Stir until well combined. In a 13 x 9 baking pan, cover the bottom with about ½ cup sauce. Layer zucchini slices on top. Sprinkle with pepper, ½ tsp. oregano, ½ tsp. garlic powder. Add another ½ cup sauce. Place 3 cooked lasagna noodles on top. Cover with ½ cup sauce. Spread tofu mixture evenly on top of noodles and sauce. Place top layer of zucchini slices on tofu layer. Sprinkle with pepper, garlic powder, and oregano. Spread remaining sauce over the zucchini, covering all the zucchini. Bake in preheated 350 degree oven for approximately 45 to 60 minutes, testing the zucchini for softness.

~ Recipe from the oil-free kitchen of Jennifer Riseon

**We wish to acknowledge the generosity of all those who helped CARE in presenting our 16th Annual Veggie Fest on June 25th. The precious gifts of your time, talent, and/or financial support are greatly appreciated.**

### Donors—Food items:

Asher's Gourmet  
Suzanne Garland  
Giant Market, Dilworthtown  
Giant Market, Thorndale  
Great Pumpkin Health Foods  
India Garden Restaurant  
Kimberton Whole foods  
Pete's Produce  
Raw Revolution  
Shop Rite  
Singapore Kosher Vegetarian Restaurant  
Su Tao Cafe  
Wegman's  
World Centric (compostable tableware)  
Susie Yakuma

### Donors—Door prizes:

Maryanne Appel  
Chrissanthemum.com  
Friends of Animals  
Lee Hall  
Sevani Skin Care

Trader Joe's  
Viking Cooking School  
Dottie Yacek-Matulis

### Exhibitors:

American Vegan Society  
Friends of Animals  
Chrissanthemum.com - Herbs and Well Being  
Philadelphia Advocates for the Deer  
Public Eye, Artists for Animals  
Raw Can Roll Cafe  
Sevani Skin Care

### Entertainment:

Badge making by Marley Ward  
Face painting by Char Padworny  
Music by Jim Harris with Saint Mad players  
Lynda Chan and Martha Michael  
Music by John Matulis and Dottie Yacek-Matulis

### Volunteers:

Maryanne Appel  
Steve Appel

Rick Aster  
Christine Berk  
Gloria Burger  
Cathy Burt (flier design)  
Christy Corrigan  
Peter Fong  
Suzanne Garland  
Green Street Vegetarian Club members Scott Fitzpatrick, Marshall Galinsky, Heather Meledin, Anna Pruett, and Susie Yakuma  
Lee Hall  
Gina Mattalliano  
Bonnie McEwan  
Matt McLaughlin  
Valerie Peery  
Jennifer Riseon  
Lee Ruslander  
Dave Shishkoff, web master  
Steve Thompson  
Maria Walker  
Marian Walker  
Robert Wolfe

RETURN SERVICE REQUESTED

Compassion for Animals—  
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PO BOX 847  
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