



the vegan-anarchist zine

Issue #1 - Summer 2009 - Free!

Featured inside:

vegan freaks Jenna and Bob Torres, on

**“Why vegetarianism
isn’t enough.”**

Also in this issue:

- opinion: “vegan-friendly” vs. “animal-friendly”
- art: animal abolition poetry
- food: delicious vegan recipes
- industry: GMOs - friend or foe?

Veganarchy.net – total.veganarchy@gmail.com

Veganarchy is a free, independently published magazine, aka “zine.”

Our purpose is to provide an outlet for creatively-produced content regarding veganism, anarchism, and related issues.

We accept submissions on a continual basis, so send us an email if you'd like to contribute.

Your writings, thoughts, opinions, ideas, musings, ruminations, comics, recipes, photos, drawings, etc. are ALL wanted!

As a free publication, we rely on community support to pay for printing and distribution.

If you value what you find inside this zine, please consider donating through PayPal at Veganarchy.net, or by visiting the Veganarchy Store at CafePress.com/Veganarchy.

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From the Editor

“Vegan-“ vs. “Animal-“

Joshua Judd

Editor, **Veganarchy** zine

Originally published 29 March 2009, **Veganarchy.net**

<http://bit.ly/18gyWb>

I’ve recently realized that the term “vegan-friendly” probably isn’t the most appropriate way to describe foods or other items that are vegan. I think a more appropriate term would be “animal-friendly.”

To me, the former term implies that the vegan is the one who should be catered to because of their seemingly ascetic lifestance. I feel like this is deceiving and unfair to the beings who are truly being exploited for the mere pleasure of humans.

“Animal-friendly” seems much more appropriate. It is a descriptive term that is inclusive of the class that is truly being exploited: non-human animals.

I don’t necessarily expect humans to start using “animal-friendly” in the way they use “vegan-friendly,” but I think it is valuable to remind ourselves [as vegans] that it isn’t about us.

Let’s all stop being boo-hoo cry-baby vegans and remember that we aren’t “giving up” animal products, and we aren’t the ones “sacrificing” things we used to love. What we ARE doing is attempting to live morally and ethically, and doing so requires a certain set of behaviors. Adhering to that behavior set does not make us victims.

The victimization of vegans needs to stop. Vegans are not the victims in this specist world. Indeed, all humans (vegan or not), are a super-privileged class when it comes to non-human animals. Perhaps our language should start reflecting that.

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Vegan History Minute: Hufu



According to Wikipedia:

Hufu was touted as "the healthy human flesh alternative" for "cannibals who want to quit", as well as a product for anthropology students studying cannibalism. According to its website, hufu is also "a great convenience food for cannibals. No more Friday night hunting raids! Stay home and enjoy the good healthy taste of hufu. <http://bit.ly/c3ko>



Divided House

By Dee Allen

United we fall
Divided we stand
Do unto others
Then steal from your fellow man

United we fall
Divided we stand
Abuse thy neighbour
Is the rule of this land

Land of the greed
Home of the Depraved
Freedom isn't free-
The reason most are [wage] slaves

We walk by faith,
Not by sight-
Faith in the dollar & flag,
The causes of mental blight

By his stars & stripes
We are healed-
But within the fabric,
Resentment reveals

To this republic
For which it stands-
Stocks & bonds for the wealthy
And crimes for the broke man

Privileged versus underprivileged
Rich versus poor
In God we trust-
And deepening class war

We the People
Form a perfect dis-union
Life under "free enterprise"
At its logical conclusion.

Written 10/07

Inspired by a poem by Kim Rohrbach.

messenger: we spent so much time as smug, self-assured “ethical” ovo-lacto vegetarians that we understand the mindset particularly well. We thought we were doing something good with our vegetarianism, but it turns out, we were just part of the problem, and if you’re a vegetarian who eats eggs and dairy and other animal products, you’re part of the problem, too.

Yeah, that’s a bit blunt, but before you throw down the book and get all angry at us for being radical vegan assholes, give some consideration to these two huge reasons why vegetarianism is a poor response to the problem of animal exploitation.

Huge reason #1:

Whereas eating meat directly involves the death of the animal to get the flesh, many vegetarians assume that consuming eggs and dairy doesn’t kill any animals. Thus, the reasoning goes, eating those products is not a moral wrong because no lives are taken. This approach is deeply flawed because it does not take into consideration the operation of modern, intensive agricultural production. The one thing that you should never forget is that animal agriculture is a globalized business that strives to maximize profits on the backs of animals and to achieve the greatest possible efficiencies. With very slim profit margins throughout the industry, producers cannot afford to waste anything, and you can bet that they will not keep animals around that are non-productive. So, first and foremost, this means that the chickens who lay eggs are inevitably slaughtered when their productivity declines beyond a certain point. The industry has insidious ways of disposing of so-called “spent hens” that range from miniature gas chambers to electrocution to neck-breaking. In a similar way, the cows who are producing milk meet their end when they fail to “yield” the right averages for the herd; this can be brought on by their age, or even by an infection or other illness. Most dairy cows who have arrived at the end of their so-called “useful”

lifespan end up slaughtered many, many years before they would die naturally, after which they are rendered into ground beef and other constituent parts.

The other obvious issue that no one is ever encouraged to think about is the case of the males involved in this whole process. Egg-laying hens and dairy cows are both female. Since animals roughly tend to give birth to females and males in a 50-50 ratio, where do the approximately 50% of males end up? In the case of egg-laying hens, the males are absolutely worthless to the producer. If they can’t lay eggs, and they’re not good for meat, to raise them would simply be a waste of money, and no egg producer – free range, or not, organic or not – is in this business to lose money by being a farm sanctuary for non-productive animals. Thus, the male chicks are often discarded at birth by being ground up alive and used for “raw protein,” or thrown in dumpsters to starve and suffocate slowly – an act of unimaginable cruelty.

For dairy cows, the male calves face a similar end. Males cannot produce milk, and so are worthless for the dairy farmer, who, like the egg producer, does not want unprofitable mouths to feed around his farm. Male calves, then, are usually forcibly separated from their mothers and sold at auction within days after they are born, often ending up as veal calves. Deeply confused and likely terrified by the absence of their mothers, these newborns with a herd instinct scarcely have a chance to understand the world before they are chained by the neck, all alone, inside tiny crates where they can barely move, lest their muscles grow too much. Because veal with a pinkish hue fetches the best prices at market, these horribly unfortunate animals – animals who are clearly sentient, who clearly feel and comprehend the world around them – will spend their entire short lives this way, suffering and confused, sentenced to what is demonstrably a hell on earth, all because of that supposedly “harmless” system of dairy production that provides milk to ovo-lacto vegetarians. As you can see, harmless eggs and

harmless milk are a fantasy, and if you're a vegetarian, now is the time to own up and stop living the lie. You might soothe yourself with excuses for why you cannot change, but ultimately, those excuses do nothing to help the animals that you, as a so-called "animal rights vegetarian" claim to care about.

Huge reason #2:

The other big reason that so-called "animal rights" ovo-lacto vegetarianism is pointless has to do with the essential problem of the relationship of dominance that humans assert over animals. Veganism as a social movement – and if we're going to get serious about veganism, we have to begin building a movement that goes beyond mere consumption – seeks to redefine the ways in which humans relate to animals. To be vegan is to demand that animals are accorded rights that cannot be violated for mere reasons of convenience, taste, or tradition. Many of the basic rights that abolitionist vegans push for are rights that would look pretty similar to the ones that we all cherish, including the right not to be the property of another, the right of bodily integrity and safety, and the right not to be used solely as the means to another's ends (we treat these rights at great length in the next chapter). Put most simply, we are looking to abolish animal slavery by according animals a set of inalienable rights.

Thus, even if it were somehow possible to produce dairy and eggs that did not result in the death of billions of animals a year, a producer still must confine and control animals to produce these commodities for consumers – consumers which clearly include legions of ovo-lacto vegetarians. Fully the property of their owners, the animals involved in these forms of production are little more to their owners than living machines for profit, slaves who day in and day out for every single day of their lives suffer solely to fulfill demands extraneous to

their own desires and needs. Though the particulars of confinement and slavery may differ slightly by setting, the same basic and underlying dynamic holds whether the products in question are the typical ones in your grocery store, or whether they are labeled "cage-free," "local," "organic," or even "free-range." The myth of a compassionate animal product is just that: a myth.

As people who care about animals, we have a heavy burden to bear, one that deserves our utmost attention and our greatest effort. The enormity of the task is overwhelming, but we can all begin to make a change if we work at it together. The good news is that you are in a position to do something about it, and to make positive changes in your life that recognize the inherent worth of animals as fellow beings. The bad news is that as billions – yes, billions – of animals die each year, we can no longer afford self-indulgent half-measures and wishy-washy excuses that damn more and more animals to lives and deaths of total misery. Instead of looking for the path of least resistance, we have to seize our lives and live as examples. We have to work constantly to redefine and rethink the relationship between humans and animals, and to model changes in this relationship in our daily lives to those around us. We owe at least this much to those that we purport to care about, those who cannot speak for themselves. It comes down to this: If you care about the well-being of animals, and you object to their needless suffering and death, you must stop remaking the dynamics that exploit animals in the first place. As a lived form of protest, veganism is the expression of this desire for justice, a visceral and logical reaction to the horrors visited on others in our name. It is time to give up the quaint relic that is vegetarianism, and take the first and most essential step in combating a system that treats animals not as creatures who can feel and love and think, but instead as mere engines for the production of profit. It is time to take that step and go vegan.

Animal Welfarism

Originally published 22 July 2008, Veganarchy.net

↪ <http://bit.ly/v1lp2> ↩

Friend: Why are you so fed up with animal welfarists?

Me: Because they're stupid and don't know anything.

Friend: Oh. Ha. What even are they?

Me: They are people who fight for more "humane" conditions for animals in factory farms.

Friend: Oh I see. And what is wrong with that?

Me: It's wrong because the consequences are anti-vegan. It makes people think that as long as the animals have "okay" lives (which they still don't) it's okay to use them as property and even kill them.

Friend: Oh I see. OK got it.

The Click List

Sweet Vegan Links

The Free Range Myth

Still think "free-range" eggs are humane eggs? Peaceful Prairie Sanctuary puts the myth to bed. Both "free-range" hens and battery cage hens are debeaked, force-molted, and eventually slaughtered when deemed "spent." Consider sending a few dollars their way.



↪ <http://PeacefulPrairie.org>

Vegan Documentary

I'm Vegan is a series of short documentary profiles featuring vegans from all walks of life. The project is being produced to address preconceptions about vegans and veganism.



↪ <http://VeganDocumentary.com>

Vegan Silk Ties

You don't have to sacrifice your ethics to dress in style. Jaan J. sells exquisite vegan silk (aka satin) ties.

↪ <http://JaanJ.com>

J
Jaan J.

GENETIC ENGINEERING (Genetic Modification, GM or GMO):

A primer written and illustrated by Elizabeth Fiend

DEFINITION: Genetic engineering is a biological science that involves modifying plants, animals or any living cell on a genetic level using gene splicing and gene modification. Complex technology allows scientists to isolate DNA from a plant or animal, and also from tinier organisms like bacteria. The DNA is then cut and either removed from the original source or implanted into another organism. This allows alterations and direct manipulation of hereditary traits of either the original organism, or whichever new host organism the DNA has been implanted into.

OLD SCHOOL: Hybridization, the old way of making new plants and animals, involves cross breeding (aka animal or plant sex) between species that are related. This is a natural process and is TOTALLY different than modification on a cellular or genetic level. Be wary of any source, article or argument that tries to tell you they're similar processes, they are not.

FRANKENFOODS: Foods that have been genetically modified are here and have the catchy nickname Frankenfoods. Genetically engineered crops have only been planted since 1996 but already account for 60-70% of the food in the grocery store. And almost all food that comes in a box or a package. Genetically modified products that are already in the store include dairy products; beef, pork and chicken raised on genetically modified feed; peanut butter; salad dressing; muffins; bread; cake; candy; chocolate bars; protein bars; veggie burgers; corn chips; French fries; cereal; tomato sauce; soy sauce; canola oil; Bacos; soda; beer; fruit juice; non-dairy creamer; pasta; Nutrasweet; corn; squash; potatoes; soy; strawberries and lettuce; not to mention non-food items like detergent, soap, aspirin, etc.

THE PROBLEM: Genetic engineering has already allowed scientists to take DNA from a fish and transplant it into the cell of a tomato plant — the purpose, to make the plant hardier in cold weather. Proponents of GMO say that a tomato from the original tomato plant and one from the new plant, the one with the gene from the flounder, should be treated as indistinguishable. But are they? What happens if you have an allergy to fish? Substance equivalence has yet to be proven. And there is no law that requires the makers of GMO products to do so. To make matters worse, there is no required labeling of products that contain genetically altered components either.

In the little over a decade since GMOs have been here, there have been many documented mistakes in the biotech industry. Genetic engineering of plants and animals has already caused allergic reactions and even death in humans, not to mention the suffering of animals. GMO food meant for animal feed has accidentally made its way into the human food supply.

Soy and peanuts are now very common allergens. They didn't used to be. The reason so many children have allergies to these foods nowadays is unknown and very difficult to determine. But there is mounting speculation that the large amount of genetically altered foods on your kitchen table may be to blame. There is also great concern that the widespread use of GMO in today's dairy business might be leading to a crisis in antibiotic resistance in humans.

THE ENVIRONMENT: A lot of the genetically engineered plants that are currently in mass use are modified to withstand more and heavier doses of weed killer. The Monsanto Round-Up Ready Soy Bean is a prime example. This bean, created by biotech behemoth Monsanto, has been genetically modified to live through massive sprayings of the herbicide Round-Up. Round-Up is of course also a Monsanto product.

Herbicides, when sprayed on fields, also float off in the wind, polluting the air and surrounding soil. The herbicides also land in bodies of water creating toxic environments for the fish that live

there and later for the animals, insects and humans who will drink the water. Plus, it seems to me to be a no-brainer that redesigning food so that it can withstand heavy doses of chemicals (before it reaches a critical mass and is killed itself) is a terrible solution to the problem of weeds. Who came up with this scheme? (see Big Business below)

Genetic modification of plants is already suspected of creating super weeds, herbicide tolerant weeds and pesticide resistant insects. GMO plants are cross breeding (hybridizing) with native and surrounding plants creating new strains of plants with unknown qualities. Once a mistake is unleashed into the environment there is no certainty it can EVER be undone. GMO farm plants are killing beneficial insects. A most famous case is the danger GMO corn poses to monarch butterflies – it kills them. It's not known how much further down the food chain these problems will go or what unbalances in the ecosystem they will cause.

BIG BUSINESS: Genetic engineering is driven by industry, the bio-tech industry. Farmers aren't asking for genetically modified foods and products. And certainly consumers aren't. Patents are being awarded to biotech companies for the new GMO plants, seeds, and even animals that these mega-corporations are creating. This means that a corporation actually owns a certain plant, seed or animal on the genetic level. This is dangerous to the future of world food security. Bad news for the farmers too. Farmers are no longer legally allowed to grow a plant, save the seed from that plant and plant it the next year as has been done for generations. From now on, each year the farmer must purchase more seeds from the biotech giant. The lawsuits against farmers are already here.

THE FUTURE: Splicing genes and dicing DNA may someday end world hunger, cure disease and protect the environment. But what offers promise in the lab is troubling in the open fields of the world's farms. It's time to slow down and evaluate the consequences of genetic engineering before it's too late. Mandatory labeling of products which are genetically altered or

contain GMO ingredients would be a good first step towards consumer safety.

The biotech industry says we must have genetic engineering to solve the food and environmental problems of the future. But I don't think that is true.

Read GMWatch.org's list of recent amazing non-genetically engineered scientific advances in farming and food production across the globe. This list proves that we do not need to genetically engineer plants to solve the world's food problems.

***Elizabeth Fiend** is a professional writer on the many topics of sustainable living -- including anarchy and veganism. Her niche is getting into the heads of people who are new to these topics as well as keeping the informed involved and educated. Read more of her work at BigTeaParty.com*



Recipe: Cinnamon Walnut Ice Cream

Ingredients

- 2 quarts soy creamer
- 2 cups sugar
- 2 1/2 cups chopped walnuts
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Directions

Combine all ingredients. Cover and refrigerate for 30 minutes. Freeze as directed by your ice cream maker. 🐾 <http://bit.ly/WLlut>



Recipe: Cinnamon Plum Tart

Cinnamon pastry

- 1 1/2 cups flour
- 1/3 cup sugar
- 1 stick margarine, softened (try Earth Balance brand!)
- 1/2 teaspoon ground cinnamon

Directions, part I

Combine flour, margarine, sugar, and cinnamon. Mix just until blended with fingertips. Press dough on bottom and up sides of a 9-inch tart pan.

Preheat oven to 375°.

Filling

- 1 1/2 lbs. fresh plums (about 10–12 plums)
- 1/2 teaspoon almond extract
- 1/2 cup sugar
- 1/4 cup chopped almonds or walnuts
- 1 teaspoon ground cinnamon

Directions, part II

Cut each plum in half and remove pit; slice plums. Toss plums, sugar, flour, cinnamon, and almond extract. Arrange plum slices, closely overlapping in tart shell. Sprinkle chopped nuts over plum slices.

Bake 45 minutes or until pastry is golden and plums are tender. Cool tart in pan on wire rack. Carefully remove side from tart pan and transfer to serving plate. 🐾 <http://bit.ly/KYWzd>

Enjoy with vegan ice cream!

Send your vegan recipes to
total.veganarchy@gmail.com!

Puppy Mills PSA

Puppy mills are anti-vegan. If you're tempted to support the harmful "non-human-animals-are-commodities" industry, keep a few things in mind:

- selective breeding intended to keep the breed "pure" has harmful affects on the gene pool i.e. blindness, weak hips, breathing problems from flat noses
- many puppy mills keep the dogs in cramped, unclean cages with little food or water which can lead to malnutrition and the spread of disease
- females are forced to breed more often than is healthy; the demands placed on the mothers' bodies are necessarily extreme to ensure maximal product production
- thousands of child-friendly shelter dogs are "euthanized" each day after being passed up by families searching for puppy-milled pure breeds

Watch the video <http://bit.ly/32jLg4>

