

CVVUK NEWSLETTER



Welcome to the Christian Vegetarians and Vegans UK newsletter, Summer 2022

Website: <http://www.christian-vegetariansvegans.org.uk/>

We hope you enjoy this newsletter. As always we would be pleased to receive any of the following from our supporters for future newsletters:

- interesting (short) articles;
- news of any local activities you have been involved in to promote the values of CVVUK;
- information about events that might interest other CVVUK supporters; and
- miscellaneous items such as book reviews, recipes and information about useful resources

If you have anything that you would like to contribute to the next newsletter please e-mail it to us at sampsons@dsl.pipex.com by the end of October 2022.

Miriam and Philip Sampson

Disclaimer: The information in this newsletter comes from a variety of sources and reasonable care has been taken to convey it accurately. Please note that opinions or statements may not reflect the views held by all members of CVAUK, and we accept no responsibility for any errors which may have occurred. Content is produced for information only and is not advice.

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Meat production and carbon emissions

Many of us will have been disappointed to learn recently that the Advertising Standards Authority had ruled that Tesco's claim that buying their meat-free burger would positively affect the environment was a misleading because "tesco did not hold any evidence in relation to the full lifecycle ... of the burger featured in the ads."

Despite this ruling there is compelling evidence that the greenhouse gas emissions from meat production are making a massive contribution to global warming.

A study published in April this year estimates that the total GHG emissions from the activities of JBS, a Brazilian company which is the world's largest meat processor, are now greater than that of the whole state of Italy!

JBS has pledged to hit net zero carbon emissions by 2040. But this study by the Institute for Agriculture and Trade Policy (IATP), a non-profit advocacy organisation, has estimated that their current trajectory is heading in the opposite direction! JBS's emissions rose from 280 million metric

tonnes of carbon dioxide equivalent (MtCO₂e) in 2016 to 421.6 MtCO₂e in 2021 – an increase of 51 percent over five years. To put those figures in context, Italy – a country of 59 million people – produced 418.3 MtCO₂e in 2019.

This increase came largely as a result of JBS acquiring competitors around the world. In 2021 alone, JBS processed 26.8 million cattle, 46.7 million pigs and 4.9 billion chickens. Greenhouse gases are emitted throughout the process of producing livestock and poultry. Deforestation to create pastures and feed for livestock releases CO₂; methane is emitted from animals and their manure; and fossil fuels are used to transport animals and power the globalized meat supply chain.

The company has disputed the figures in the report, but climate campaigners said the surge in emissions caused by the company's expansion in recent years suggested that the net zero target was little more than "greenwashing," .They have urged investors to divest from the company. Retailers such as Costco and Carrefour buy meat from JBS, and Tesco also buys meat from companies recently acquired by this global giant which, together with other Brazilian companies, has been implicated in the destruction of the Amazonian rainforest.

Further details of the recent study and information about the GHGs associated with meat production can be found here: <https://www.desmog.com/2022/04/21/brazilian-meat-giant-jbs-a-bigger-emitter-than-italy-study-estimates/>

Animal intelligence.

We all know (or like to think we know) that our companion animals know the names given them by the human carers. But do they know ours?

Using domestic cat and cat-café 'volunteers' a Japanese research group showed that cats not only knew their own human-given names, they also knew the human-given names of the cats with whom they lived, and those of their human carers. They know *who* we are talking to, or about. How much they understand about *what* we are saying to or about that person remains to be discovered.

Or, with cats, if they care!

from an article by Joe Pinkstone, Science Correspondent, The Telegraph, 14 April 2022

We may be vegan - but what about our pets?

Research has shown going vegan helps your pet live longer

A team of scientists sent a questionnaire to more than 2,500 dog owners to understand how various canine diets affected health over time. The team asked for information on vet visits, medication, any diet alterations, guardian and vet opinion on the dog's health, percentage of

unwell dogs, and the number of dogs with health conditions. More than half of all dogs were on a conventional diet, one third ate only raw meat, and one in eight were vegan dogs.

The analysis of the responses showed that the conventional diet was associated with the worst health. “Dogs fed raw meat appeared to fare marginally better than those fed vegan diets,” the researchers add, but they say this does not mean that a raw meat diet is necessarily better for dogs because in the study the dogs on a raw meat diet were considerably younger and therefore more likely to be in better health. There are also known drawbacks to a raw meat diet: studies have linked it to an increased risk of pathogens and nutritional deficiencies, for example. It is likely to be more expensive, require more frequent visits to the shops - and what vegan would want to deal with the stuff on a daily basis anyway, when they know a tinned vegan diet is as healthy?

The study concludes: “When considering health outcomes in conjunction with dietary hazards, the pooled evidence to date from our study, and others in this field, indicates that the healthiest and least hazardous dietary choices for dogs, among conventional, raw meat and vegan diets, are nutritionally sound vegan diets.

“Regardless of ingredients used, diets should always be formulated to be nutritionally complete and balanced, without which adverse health effects may eventually be expected to occur.”

From an article by Joe Pinkstone, Science Correspondent, The Telegraph, 13 April 2022

National Food Strategy ignores meat consumption

On June 13th the British government published its national food strategy. This was informed by a report on the state of food and farming in Britain commissioned from the restaurateur Henry Dimbleby, published last year. However it ignored many of his recommendations including his assertion that the nation’s consumption of meat and dairy should be reduced by at least 30% and the development of alternative sources of protein should be actively supported.

Dimbleby’s report stated:

‘One of the most effective ways to reduce carbon emissions and free up land for nature is to cut back on animal proteins..... 85% of the land used to feed us is used for livestock farming.

Plantbased proteins produce, on average, 70 times less greenhouse gas emissions than an equivalent amount of beef, and they use more than 150 times less land.

The potential global market for alternative proteins is huge. The US is currently leading the world on the production front, with companies such as Impossible Foods, Memphis Meats and Perfect Day raising \$700 million, \$161 million and \$300 million respectively in capital last year.

The Netherlands has developed one of the largest agribusiness regions in Europe – Food Valley – with universities, start-ups and multinationals working together to create new vegan foods.

Singapore and Israel have both proactively fostered alternative protein start-ups, and Singapore was the first country to give regulatory approval to a cultured meat product. The UK must do more to foster our own start-ups or they simply will migrate abroad.’

It is disappointing to see the lack of ambition in the new food strategy and a failure to grasp the opportunity to change the food system for the better, for both humans and animals.

What to eat if you don't eat animals?

As vegetarians and vegans we are used to being asked what we eat if we don't eat animals, and many of our omnivore friends seem to lack the imagination to consider alternatives to meat and fish. This can be a challenge if we want to encourage them to give up meat.

The **All Creatures** website now features a free downloadable guide for people who want to try a vegetarian or vegan diet for the first time. It is billed as "a guide for vegans and not-yet vegans". It can be downloaded here: <https://www.all-creatures.org/what-to-eat.html>

The website states: *This guide is for you if...*

- *You are an animal lover and therefore want to eat in a way that respects ALL ANIMALS*
- *You want to eat delicious, nurturing, inexpensive, healthy meals that are easy to prepare*
- *You've always wondered, "What do vegans eat?"*
- *You are vegetarian or already cutting back on eating animal products, and you want to go vegan but you don't know how*
- *You think that you'll have to give up cheese, ice cream, and burgers if you go vegan (You will be amazed at all of the scrumptious vegan versions of everything!)*
- *You want to improve your health and well-being, as well as the health and well-being of your friends, your family, other humans, and all animals*
- *You want to do your part to end our climate catastrophe*
- *You are already vegan and always overjoyed to find more vegan goodies*
- *You want to make a consequential difference for our world with every bite*

So there is something in it for everyone!

Do you eat grass?

This taunt by carnivores might soon become a reality. The University of Bath and Harper Adams University is developing technology to turn grass into edible proteins, oils, fibre, vitamins and minerals by breaking down the structure of the grass, and later feeding yeast onto the grass. This could increase the UK's food production by 50%, making Britain a net food exporter. The process is 10 times more efficient than the traditional turning of grass into milk and meat, with products equivalent to palm oil and soy protein being created.

"We're looking to replace pretty much anything that's brought into the UK" said Dr Richard Green of Harper Adams University. "In terms of UK agriculture, UK food production and UK food resilience, this potentially could be the silver bullet. The whole environment is likely to change. We're going to see new grass factories where we've got dairies at the moment."

While many, if not most, people are eating less meat and dairy than 20 years ago - the national consumption has dropped considerably - very few people have stopped. The success of this venture and the persuading of people to go further along the path of veganism depends in part on this project being more profitable and providing cheaper food than animal agriculture.

From an article by Hannah Boland, The Telegraph, 1/6/22

Microbial protein anyone?

The environmental writer George Monbiot published a new book, **Regenesi**s, in May this year, in which he argues that the global food system is increasingly highly stressed, risking a crisis and collapse akin to the crisis in the financial system in 2008.

Monbiot, now a vegan, argues that far too much land across the world is used for food production, primarily for monocultures of cereal crops and for rearing livestock, and that this risks soil depletion and loss of biodiversity which puts global food supplies at risk for the future. He has examined a number of suggested remedies for this but argues that most proposals would be incapable of providing an adequate diet for the mass of the world's population.

Monbiot's own solution is a revolution in food production involving a mass move to alternative proteins, including microbial protein. He believes the industrial meat system could collapse remarkably rapidly, in part because of a burgeoning industry in meat-identical proteins and fats made from plants and fungi. Monbiot particularly favours genetically modified bacteria that can be produced in enormous quantities in fermentation vats, using negligible amounts of land. Microbial proteins, when 3D printed into steaks and escalopes or formed into sausages and nuggets, will change the world, freeing up valuable farmland for nature to return.

Regenesis is published by Penguin, Random House, and more details can be found here:

<https://www.penguinrandomhouse.com/books/645538/regenesi-s-by-george-monbiot/>

Plant based promises - new on Radio 4

A new series about plant-based foods started this week on BBC Radio 4, broadcast on Monday evenings and Tuesday mornings. In **Plant Based Promises**, Giles Yeo, a foodie and academic at Cambridge University, asks how sustainable are commercial plant-based products?

This is a fast-growing sector with a potential value of \$162 billion by 2030. Giles travels to the Netherlands Food Valley to look at companies developing plant-based alternatives and to find out what role they have to play in changing diets. And Giles designs his own plant-based 'Yeo Deli' range online, but discovers that new markets are already causing shortages of alternative proteins. So what will the future look like?

You can listen to this series at any time on *BBC Sounds*:

<https://www.bbc.co.uk/programmes/m0018x5c>

(From the BBC website)

Summer Recipe – Wholewheat spaghetti with long-stemmed broccoli, chilli and lemon

Now that we are experiencing hot summer days no one wants to spend hours in the kitchen. A quick pasta dish with light summery flavours is ideal.

This vegan recipe for wholewheat spaghetti with long-stemmed broccoli, chilli and lemon is quick and easy to make and it comes in at under 500 calories.



If you are unable to tolerate the gluten in wholewheat spaghetti, one of the many gluten-free pastas that are now available can be substituted instead. To add protein you could top with a handful of toasted nuts – pine nuts, cashews, almonds or walnuts.

- Total time 20 mins
- Serves 2

Ingredients

- 150g wholewheat spaghetti
- 300g long-stemmed broccoli, roughly chopped
- olive oil
- 2 cloves garlic, very thinly sliced
- a large pinch chilli flakes
- 1 lemon, zested and juiced

Method

- **STEP 1**
Cook the spaghetti, adding the broccoli to the pan for the last 2 minutes, then drain, keeping a cupful of the pasta water.
- **STEP 2**
Meanwhile, heat 2 tbsp olive oil in a large frying pan, and cook the garlic very gently for 2-3 minutes. Stir in the chilli and cook for a minute.
- **STEP 3**
Tip in the pasta, broccoli, lemon zest and juice and some seasoning. Add 2-3 tbsp pasta cooking water and toss everything together. Divide between warm bowls.

Originally published by **Olive** magazine: March 14, 2016.

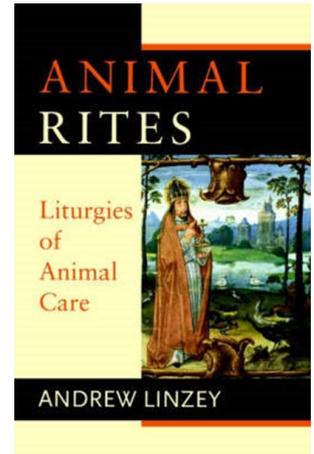
Olive magazine website has many more quick and easy vegan recipes available here:

<https://www.olivemagazine.com/recipes/collection/best-ever-vegan-recipes-ready-in-under-30-minutes/>

And finally.....

While preparing this newsletter I came across a fascinating essay by the pioneering animal theologian Professor Andrew Linzey - now Head of the Oxford Centre for Animal Ethics - entitled **Animals as Grace**.

He recounts the experience of the death of a much-loved family dog and the sense that there was something lacking when they buried him, in that there were no appropriate prayers to mark his passing, to recognise the value of his life and of the relationship that the family had had with him. This experience led to the writing of his first book of animal liturgies, **Animal Rites**, back in the 1990s, and the essay explores the response to that book in the Christian press at the time.



Most reviewers and commentators were profoundly puzzled by the idea of developing liturgies that related to animals, or to the inclusion of animals in Christian worship in any way, and some were actively hostile. But other Christians were sympathetic to his attempt “to develop liturgy that helped us celebrate the God-given lives of other creatures” and welcomed the opportunity to recognise and rejoice in God’s love for all creation in our prayer and worship. The whole essay is well worth reading and can be found here: <https://www.theway.org.uk/back/454Linzey.pdf>

Here is one of the prayers from Linzey’s **Animal Rites**, which he quotes in the essay:

God of the universe all creatures praise you;

the sun setting on the lake, the birds flying upward toward the heavens;

the growl of the bear; the darting of the stickleback;

the purring of the cat, the wide eyes of the tiger;

the swift legs of the cheetah, the dance of the hare;

the lapping of the dog, the descent of the dove.

God of a thousand ears the music of your creatures resounds throughout creation and in heaven a symphony is made.

Christ in all things:

in the waves breaking on the shore;

in the beauty of the sunset;

in the fragrant blossom of Spring;

in the music that makes our hearts dance;

in the kisses of embracing love;

in the cries of the innocent.



*Help us to wonder, Lord to stand in awe; to stand and stare;
and so to praise you for the richness of the world you have laid before us.*

*Large and immense God, help us to know the littleness of our lives without you;
the littleness of our thoughts without your inspiration;
and the littleness of our hearts without your love;
you are God beyond our littleness yet in one tiny space and time you became one with us and all
those specks of dust you love for all eternity;
enlarge our hearts and minds to reverence all living things and in our care for them to become big
with your grace and signs of your kingdom.*

Amen