

Soya Bean Curd Raitha- Mixed Vegetables

Make soya bean curd by adding soya curd to warm soya milk and keep it to set for a few hours.

Ingredients

Soya curd – 1/2 lts (Serves 5)
Coconut milk – 1/2 cup
Cucumber - medium – sized chopped
Onion – 2 medium – sized chopped
Tomato – medium – sized chopped
Green chillies – 2 pieces - chopped
Coriander for garnish
Jeera Powder – 2 tsp
Mint powder – 1 tsp (optional)
Salt to taste

For the tempering:

Vegetable Oil – 1 tsp
Curry leaves – few
Jeera and Mustard seeds – 1/2 tsp

Method: Whisk the curd and add finely chopped vegetables, jeera powder, mint powder, salt and coconut milk.

For tempering, heat the oil in a pan, add jeera, mustard seeds to crackle and the curry leaves, add to the curd. Garnish with Coriander leaves and serve as an accompaniment with pulao.



Vegan Potluck

We have a guest Vn.Shankar Narayan, President: Indian Vegan Society. (<http://www.indianvegansociety.com>), Councilor & Regional Coordinator for India, South & West Asia: International Vegetarian Union (IVU), UK. (ivu.org) on Saturday 18/07/2009 and enjoy with us. Please call Sandesh on 944 955 9767 or Arvind on 988 000 7850 for further details. Here all the food will be vegan and it will be a great opportunity to meet other vegans in Bangalore. Vegan Potluck party for month of June - we had chapatti with capsicum curry, stuffed bhindi, tofu fry, palak rice with soyabean curd raitha, pudina rice with mushroom, mango sorbet - ice cream.

We look forward to hearing from you. Please do write to us with your suggestions, tips, experiences, queries relating to animal causes. Email: arfindia@gmail.com, postal address is as shown below.

Big thank-you for your Donations

Neena Jain, Indore.

Poornima Desai, Bangalore.

Gunavanth Mehta, Bangalore.

Gunjan Jhingran, Bangalore

Book Post



I am not shy about admitting that this is a critical time for donations we hope to – and must – receive. ARF needs your support to ensure animals are treated with regard and compassion. With your help, we will continue to strive to ensure that animals are not forgotten or ignored.

Rs. 1,000 Rs. 2,000 Rs. 3,000 Others Rs.

Cheque/ DD (Please make payable to *Animal Rights Fund* at the below address)

Online Transfer to ICICI Bank, A/C No: 625101049908, IFSC Code: ICIC0006251, Branch : ICICI Bank Limited, 1091, OTC Road, Nagarthapet, Bangalore – 560 002.

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Animal Rights Fund

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THE VOICE FOR ANIMAL RIGHTS



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Editor's VOICE

"TIME FOR A CHANGE" says M. Butterflies Katz who strongly propagates and supports vegan diet. On this issue, I share Katz's views on changing the human race to a vegan diet.

It's a widely held belief that people need animal products for survival and good health, even though there are many long time vegans who are often healthier than the omnivorous majority.

Because of the milk moustache commercials and other economic propaganda, many people still believe that they need animal products for their well-being and survival. This is despite the overwhelming evidence that the very opposite is true, that a vegan diet protects us from many diseases, is appropriate for all stages of life cycle, including pregnancy, lactation, infancy, childhood and adolescence.

The truth is dairy milk for human consumption is produced in a very unnatural way, first by artificially impregnating cow (sometimes by strapping the cows on to what the industry itself calls rape racks!) then by stealing her baby within 24 hours of birth, despite her bellowing cries. (It's horrific what will become of her calves) This grim cycle is repeated over and over until the cow is no longer profitable and then she is sent off to slaughter. According, to a report published by the United Nations body and agricultural organization. "The livestock sector generates more greenhouse gas emissions as measured in CO2 equivalent – 18 percent more than transport. It is also a major source of land and water degradation."

Avoiding animal products is good for people. It's good for animals. It's good for the planet we all share. Change is in the air. Many human beings are realizing that we don't have a right to exploit, enslave, or be a part of the immense suffering inflicted on other feeling creatures. Nor do we have a right to continue a practice that is possibly the biggest contributor to global warming and the devastation of our environment. We don't have a right to overuse and pollute our diminishing water supply or use the world's grain to feed animals in order to sustain the farm animal business and to feed our own addiction of meat. Veganism has "right" on its side. VEGANISM IS A SOLUTION to our planet's ailments. The earth and its people are crying out for change. Veganism is the next step for humanity that will bring the change we long for.

(Dilip Bafna)



Amul ranked amongst top 21 dairy businesses of the world

Amul has been ranked at No. 21 in the World by International Farm Comparison Network (IFCN) based on the milk intake during the year 2007. India with its milk production touching 114.4 Million MTs during the year under review is the largest milk producer in the World.

This news is sent to remind us about the extraordinary, excessive, fetishistic consumption of milk in India. On one hand, vegetarianism in India is commended the world over by vegetarians; on the other hand, India has excessive milk consumption, cruel treatment of milch cows, the complementary bull calf slaughter and the booming leather trade. India is a prominent member of the Hall of Shame where animal rights are concerned.

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