

Eat Plants



Not Animals

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COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights

In this Issue:

Zari not Ahinsak

Gifting and Sightseeing

Vegan in Turin



Vegetarian





Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

E-mail: admin@bwcindia.org Website: www.bwcindia.org

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From my Desk...

Circuses without

Wild Animals

The Central Zoo Authority recently issued a fresh ban on the use, training and exhibition of all wild animals in circuses. They had cancelled recognition of 21 circuses in 2016 and directed all Chief Wildlife Wardens to rehabilitate the wild animals such as elephants, but unfortunately it did not happen. (See page 1 of *Compassionate Friend Spring 2017*.)

Way back in 1991, BWC's report "Circuses in India" had made the Ministry issue a notification banning the use of tigers, lions, panthers, bears and monkeys in performances. It was later upheld by the High Court. Now, in view of the latest order, we hope no wild specie will ever be seen in an Indian circus.

However, BWC looks forward to the day when there are no animals at all in circuses. Hunger, torture and fear force dogs, camels, horses, ponies, exotic birds and cats, even fish, to perform in the circus ring.

Please do not patronise circuses with animals.

Sound and Smoke

Just before Diwali 2017, the sale of fire crackers in the NCR (National Capital Region) Delhi was stopped by the Supreme Court. This made people all over India much more aware of the harmful effects of fire crackers upon themselves and the environment and therefore many voluntarily decided to give them a miss. Thus, air and noise pollution levels reduced in many places. In turn, it was easier on animals and birds that are terrified of loud sounds.

Capsules

Internationally gelatine is no longer considered an additive, but a food in its own right that needs to be listed as an ingredient on packaged articles. Despite this, the non-veg symbol has not yet been affixed on gelatine capsules.

Humulin used by most diabetics was invented 35 years ago as an alternative to insulin derived from pigs and cattle. Similarly, BWC feels that veg capsules could replace gelatine capsules.

Veg capsules would be acceptable to all on ethical and religious grounds because they are *ahimsak*, *halal*, *kosher* and more.

These were three of the several points included by BWC in its August 2017 presentation made to the Expert Committee for the Replacement of Gelatine Capsules with Cellulose Capsules vide a Ministry of Health & Family Welfare order.

Another presentation has been asked for at their third meeting scheduled in November.

Bullock Cart Races Halted

After Tamil Nadu legalised *Jallikattu*, in April 2017 the Maharashtra state Legislative Assembly passed an amendment to the Prevention of Cruelty to Animals Act, 1960, so that bullock cart races could be resumed. But, it was challenged in the Bombay High Court and a stay obtained by animal activists on 11 October 2017.

In response to the PIL, the HC was of the opinion that the new draft Maharashtra Prevention of Cruelty to Animals (conduct of bullock cart race) Rules, 2017, would not remove the observations of the Supreme Court judgement

in which bulls were distinguished from other animals like horses which can take part in races and that bullock cart races can not be conducted without subjecting animals to cruelty, pain and suffering. The HC ordered that “the bullock cart races will not be conducted within the State of Maharashtra and no such permission can be granted by any of the authorities, even after notifying the proposed rules.”

Animal Welfare

in Curriculum

With financial support from Beauty Without Cruelty, People for Cattle in India filed a Public Interest Litigation (PIL) seeking to add animal welfare as a subject in curriculum of schools in Tamil Nadu. After three hearings in quick succession, in September 2017 the Madras HC directed the TN Curriculum Framework Committee to consider and recommend it to the School Education Department. The curriculum was last changed over 10 years back. Tamil Nadu has about 1,30,00,000 students, 5,70,000 teachers, and 58,000 schools.

Diana Ratnagar
Chairperson

Zari not Ahinsak

Those who are particular about never utilising silk should not to go in for zari at all
says Khurshid Bhathena

Many BWC members do not wear silk, but have somehow overlooked the fact that silk yarn forms the core of *zari*, *jari* or brocade.

Zari is frequently found woven in traditional saris or embroidered on garments and crocheted or braided on non-silk fabrics such as cotton, art silk and polyester.

The Core is Silk

Real gold *zari* is made of pure silver, gold – and silk thread. The base yarn of pure *zari* is always mulberry silk.

Fine wire of different gauges (30 grams produces about 3,000 yards) as required is drawn from a silver bar.

The wire is then flattened on a *chapad* machine (thinned down with rubber and diamond dies) to form *badla* or *lametta*.

Simultaneously, pure silk yarns of 13/15 and 20/22 denier are twisted, degummed (a gelatinous substance called sericin is removed) and dyed red or yellow. This silk yarn is the core of pure *zari*.



Cotton fabric with silk *zari*.
Photo courtesy: Khatoon Fabrics

Manually or with the help of a *bitai* machine the *badla* is then wound over the silk yarn resulting in real *ruperi zari* or real silver thread.

Electroplating with 24 ct gold produces real gold or *sonal gilit bakda* which after passing through a brightener, is wound on a reel and is ready for use.

Both *ruperi* and *sonal gilit bakda* are considered real and pure *zaris* and from BWC's point of view unacceptable because they contain silk.

Imitation Zaris also contain Silk

Tested *zari* or half fine *zari* imitates real *zari* with regard to the metals utilised only – the silk base yarn remains. Copper wire is used in place of silver and it is electroplated with silver instead of gold. The end product is called *chandi gilit bakda*.

Lacquer or fast gilding on imitation *zari* follows. This gilded imitation *zari* thread is wound on a reel or on a hand *charka* for making small skeins of 5 gms to 10 gms.

The manufacturing process for powder *zari* or imitation gold *zari* is similar to tested *zari*. In powder *zari*, gilding is done on imitation *zari*. Artificial gold coloured powder is used to get lustre and brilliance but it does not last long.

For embroidery *zari*, the *badla* is processed and punched with dies of different designs. *Kalabattu* is embroidery done with such metallic thread.

The first polyester *zari* saree in silky finish woven on handloom by weavers in Varanasi in 1978 was the result of four years research by BWC. In spite of this know-how being available, due to the reluctance on the part of weavers and insufficient public demand, the sarees were never commercially available.

Plastic Zari

For plastic *zari* instead of silver or copper, plastic *badla* is utilised. Small thin plastic strips are superimposed in gold or other colours. This *zari* is sold mainly under the brand name of Lurex which is a yarn or thread having a metallic appearance. It is used mainly for knitting and weaving. Plastic *zari* or art *jari* is the cheapest and usually made of alternatives to silk like polyester fibre coated with aluminium.



Poly Lurex Brocade Fabrics. Photo courtesy: Silk Link

Real or Not

Sachcha kam refers to work with real gold *zari*, *jhootha kam* to copper plated wire, *nakli kam* refers to use of powder *zari*, and plastic wire is called *rangin kam*. Only the latter may contain no silk.

It is very difficult to distinguish between real gold *zari* and others by just looking at it. When real *zari* is burnt, the residue will be silver and a little gold. Or only silver. On burning imitation *zari* the residue will be copper and a little silver. The other *zaris* when burnt become a hard ball if plastic *zari* or turn to ash if in case cotton is used as the base yarn.

Silk is the Basic Yarn

Remember, the basic yarn used for making *zari* is almost always silk – rarely polyester, art silk or cotton. The standard specification for real *zari* is 24% silk, 55-57% silver and 0.6% gold. Therefore, those who are particular about never utilising silk should not go in for *zari* at all.

In Surat alone every month around 1,500 kgs of basin silk procured from Sidlaghatta in Karnataka is utilised for making *zari*. Varanasi is another main production centre for *zari* in India. And in 2013 Lucknow *zardozi* got the Geographical Indication (GI) tag.

Due to rising prices the Tamil Nadu government in 2012 allowed *zari* of Kancheepuram silk sarees – protected by the GI tag – to have 40% silver and 0.5% gold, but most weavers have switched to using tested *zari*.

Applications

Depending on thickness and type, the *zari* (*kasab* or *kalabattu threads*) is used for weaving, embroidery, tassels or as drawstrings for purses and necklaces.

Zari is traditionally used to embellish sarees and materials and is woven into the fabric, embroidered or used as patchwork. *Zari* is used for *Kamdani*, *Mina*, *Kataoki Bel*, *Makaish*, *Tilla/Marori*, *Gota* and *Kinari* embroidery work. Commonly known *zardozi* work is embroidery usually on heavy silk, velvet or satin with *zari* of different thicknesses having embellishments like beads and seed pearls that increase its *hinsak-ness*.



Khurshid Bhathena is
a Trustee & Honorary
Secretary of BWC-India

Fact, not Fancy

Vocabulary

Nirmal Nischit *continues her article from our spring 2017 issue of Compassionate Friend that explains the true meaning of words.*

You are what you Eat

Carnivore

Meat-eating animal. A hypercarnivore eats more than 70% meat, whereas a mesocarnivore's diet consists of 50-70% meat.

Paleolith

A person who eats what prehistoric humans ate. A paleo diet consists of consuming things that a man of that time would have hunted or gathered like flesh of animals, birds and fish, fruits, nuts, roots and vegetables.

Piscivore/Pescetarian

An animal, bird or human that eats fish but no other flesh.

Omnivore

An animal or bird that consumes both flesh and plant foods.

Flexitarian

A person who occasionally consumes flesh or is on a semi-vegetarian diet.

Herbivore

An animal or bird that consumes plants only.

Non-vegetarian

A person who eats flesh of any creature. In India it

is mandatory for non-veg packaged foods that contain “whole or part of any animal including birds, fresh water or marine animals or eggs or product of any animal origin, but not including milk or milk products, as an ingredient” be declared by affixing a non-veg symbol consisting of a brown colour filled circle inside a square with brown outline, on the package.

Vegetarian

A person who does not consume flesh or eggs of any creature. If milk is consumed, the person is a lacto-vegetarian or “pure” vegetarian in India. It is mandatory for lacto-vegetarian packaged foods to be declared by affixing a veg symbol consisting of a green colour filled circle inside a square with green outline, on the package.

Vegan

A person who consciously and consistently does not eat, use or gain from any animal derived substances whatsoever – no meat, fish, egg, milk, honey, silk, leather, fur, feathers, pearls, corals, shells, shellac, etc. A vegan lifestyle is not based on self-denial but on a deep-rooted philosophy that has reverence for each and every form of life.

Fruitarian

A person who eats uncooked foods like fruits, vegetables, seeds and nuts only.

Religious terms pertaining to Slaughter and Meat

Halal

The word is used for any object or action which is permissible to use or engage in according to Islamic law. It is the opposite of *haram* meaning sinful. In case of meat, the animal slaughtered must be in good health before killing, it must be fully conscious at the time of killing and its blood is not to be consumed.

Jhatka

Method of slaughter used by Hindus and Sikhs consisting of beheading the animal in one blow.

Kosher

Meaning fit or proper and when applied to food items it means suitable for consumption by the Jewish community. For the animal to be *kosher* it needs to have split hooves and chew its cud like cows, lambs and goats. *Non-kosher* animals include pigs, horses, camels and rabbits. *Kosher* fowl include chicken, turkey, goose and certain ducks. All carnivorous animals and fowl and the blood of all animals and fowl and any products or derivatives of these are prohibited. In addition, the animals need to be slaughtered in a specific way. A water creature is *kosher* only if it has fins and scales, whereas all reptiles, amphibians, worms

and insects (except locust) are not considered as *kosher* animals.

Pareve

Also a Jewish term for foods that do not contain any dairy or meat. It is a misconception that foods marked *pareve* are vegan because eggs from *kosher* fowl are also *pareve*, as are fish.

Reader's Write

Where there's a Will, there's a Way

With reference to From my Desk... in *Compassionate Friend Summer 2017* I think every unbiased person will agree that the first criteria for any religion – not only Hinduism – is to have impartial and humane principles. The principles of the Ram Rajya certainly do not permit atrocities like the lynching of people in the name of cow protection.

People who claim to worship the cow as their mother would be better respected if they organized that 'rescued' cows did not starve to death! What nobody seems to realize is that cow protection is possible only if cattle are made economically viable. This would be possible if the Government makes it a national policy to promote gobar gas, using the slurry as a bio-fertilizer. Such a scheme would have endless benefits for the environment as well as public health, apart from saving cows. A gobar-cooperative on the lines of Dr Vergese Kurien's milk-cooperative can ensure the collection of gobar from villages. The gobar could be used to create gobar-gas, with the slurry used as organic manure. This would be an alternative source of energy and pay for the upkeep of 'unwanted' cattle. It would also help to reduce the destruction of soil caused by chemical fertilizers.

When the ivory trade was banned, there was an international furore about what the ivory carvers would do. That furore is forgotten. The craftsmen found other work and so can people like tanners, skimmers and furriers whose demand has already reduced with the ban on hunting. The same problem arose when industrialization came, and we will face the same problem when artificial intelligence and robots take over the tasks people do.

Change is inevitable and human intelligence always finds a way where there is a will. Meat eaters shout from the roof tops when a vegetarian diet is recommended, but refuse to accept the enormous damage to the environment created by factory farming and other harmful practices, in spite of the huge amount of data available on the topic. After all, no body objects to movements to save the environment, or the anti-smoking lobby, but even environmentalists and health conscious people balk at changing their food habits.

What needs to be seen is the issue in all its aspects, without prejudice and without personal hang-ups. It is an undeniable fact that a vegetarian diet is healthier than a non-vegetarian diet, and it is vital for humans to shift to a plant based diet if we want to curtail world hunger, and lead healthier lives.

Purnima Toolsidass – received on email from Kolkata

Travelling Vegan

One of the greatest challenges for vegan tourists is being able to maintain their ethical standards while enjoying themselves and eating well. With this in mind BWC has put together a list of resources based on the information available on the Sharan website www.sharan-india.org. We hope it will help and encourage vegan travellers.

Where to Travel



www.vrg.org/links/vacation.htm
Vacation Resources

Links to vegetarian/vegan bed, breakfasts, retreats, camps, cruises, travel websites, outdoor adventures, restaurant and travel guides, tours and services, vacation spots, hotels and more.



www.vegetarian-vacations.com
The Veggie Travel Guide

The guide to the best vegetarian & vegan destinations. Lots of ideas for meat-free travel – veggie tour operators, packages, courses, hotels and B&Bs, etc.



www.vegetarianguides.co.uk
Festival Venues and Dates

There are vegetarian and vegan festivals in many countries. Now you can visit a new town or country, enjoy every meal, make new friends, and have a fantastic time.

www.veganrivercruises.com

Luxury cruising along Europe's most picturesque rivers the vegan way



Their vegan cruises offer so much more for vegan travellers than just gourmet vegan meals. The cruises are an all-encompassing unique experience with vegan celebrity speakers, workshops, lectures, yoga classes, etc.



www.vegvoyages.com

Green, Eco Friendly Vegan Adventure Tours to Bali, Laos, Malaysia, Sumatra, India, Thailand

VegVoyages off-the-beaten-track tours focus on cultural immersion, local interaction and of course, eating lots of mouth-watering local vegan cuisines along the way. Founded in 2004 by 3 people, from 3 different countries and 3 different religions, their diverse backgrounds, combined with their passion for people, animals, history and cultures, create adventures like no other – where you not only visit the region's fascinating sights, but also learn the local way of life, traditions and customs while enjoying 100% local vegan food.

VegVoyages is against the exploitation of animals in any form, and do not use animals on their tours for rides or safaris and no visit to zoos or “animal parks”. A founding principle was and is to create 100% cruelty free travel experiences in which no living beings (human or animal) are exploited in any way. Their aim is to provide you with exciting and unique “off-the-beaten-track” vegan adventures.

www.greenearthtravel.com

Specializes in creating your dream culinary travel adventure



Green Earth Travel's mission is to make it easier for people on a vegetarian diet to eat without starving and to help people travel in a compassionate way without destroying the planet.

As a long time vegan herself, Donna Zeigfinger has spent over fifteen years personally working with chefs from around the world on making delicious food an integral part of Green Earth Travel's trip planning services.

www.atasteofhealth.org/vegan-travel.htm

Vegan Travel aboard a Healthy Caribbean Cruise



To meet the needs of the vegan travel community, Holistic Holiday at Sea has developed an educational vegan cruise program. Aboard their vegan cruise, guests will experience three vegan meals each day and have the opportunity to attend over one hundred classes, workshops and lectures covering a variety of vegan and holistic health topics and activities. The majority of people who travel with them are vegan or on a plant-based diet, such as Macrobiotics.

www.responsibletravel.com/holidays/vegetarian-and-vegan

Vegetarian & Vegan Tours & Holidays in 2017 & 2018



Sometimes vegetarians and vegans can struggle to find decent food while travelling. Well fret no more! Here's a hand-picked selection of responsible tour operators, accommodations, and special interest courses that cater for vegetarians and vegans alike, with an open door policy for veg-friendly carnivores.

Where to Stay

www.veggie-hotels.com

100% Vegetarian/Vegan

Click on the map and explore vegetarian and vegan hotels, B&Bs and guest-houses in more than 60 countries worldwide.



www.vegvisits.com

Convenience, Local Knowledge, Community

Rent places to stay and kitchens to use with local vegan and vegetarian hosts to make your travel experience convenient and unforgettable.

Where to Eat

www.happycow.net

Find vegan and vegetarian places near you...



Happy Cow

Browse the world to find listings.

Founded in 1999, Happy Cow was created as a public service to assist travellers and people everywhere find vegan, vegetarian, and healthy food. Today, this online community has grown to include members from around the world who are passionate about the vegetarian and vegan lifestyle as a healthy, compassionate, and environmentally sustainable way of living.

More than simply a restaurant and health food store guide, Happy Cow is an ever-evolving online hub that serves millions worldwide as a one-stop resource for everything VEG.



www.vegguide.org

from Compassionate Action for Animals

A worldwide, community-maintained guide to veg-friendly restaurants and shopping.



www.vegining.com

An online guide to vegetarian dining round the world

Features vegetarian, vegan and vegetarian-friendly restaurants.

www.wtfveganfood.com

Award-winning blog and website by Kristin Lajeunesse

Vegan restaurants visited by Kristin across the USA and the world.

Travel Tips and Blogs



www.vegansociety.com/lifestyle/travel

Travel

Handy advice for going on holiday as a vegan.



www.happycow.net/vegtopics/travel/airline-meal
Eat Well On-board

Most airlines offer a wide variety of special request meals for long distance flights included in the airfare price. These meals may range from Western Vegetarian which may contain eggs and/or dairy, though usually means vegan, Vegan, Asian Vegetarian, to a Fruit Plate meal.

Some larger carrier's choices, updated July 2017...



www.meetup.com/topics/vegan

Meet fellow Vegans near you! Come to a local Vegan Meetup and discuss living a healthy vegan lifestyle. Have delicious meals, share your favorite vegan recipes and make new friends!

VEGAN NOM NOMS



www.vegannomnoms.net/2014/06/10-great-apps-for-the-vegan-traveler.html

10 Great Mobile Apps for the Vegan Traveller

There are many apps that make finding vegan food and good accommodation or finding other people to eat/cook vegan food with quite simple!



www.veganworldtrekker.com

Dining, airlines, accommodations, guide books, travel gear

Maria is an avid world traveller with a goal to visit every continent. This website contains valuable information on vegan dining worldwide, airport and airline food options, vegan travel guides, vegan accommodations and trips, vegan clothing, vegan travel gear, and some travel advice! Also included is valuable information on varied topics such as vegan dining on trains/cruises, vegan options at rest areas, vegan ethnic foods, specific vegan or veggie-friendly restaurants in which she has dined in various countries in six continents, ethnic recipes for meals she has eaten during her travels, and souvenir suggestions (vegan-friendly/eco-friendly of course!) for popular goods in various regions of the world, and much more.

www.veganfoodquest.com/alive-farm-san-benito



Reviews of vegan hotels and restaurants, and travel guides

Finding, eating, and writing about the best vegan food in the world.

Mindful Wanderlust

Adventurous Kind Compassionate Vegan Travel

www.mindfulwanderlust.com

Adventurous Kind Compassionate Vegan Travel

Giselle and Cody (a vegan couple) have been travelling the world for the past 3 years and share their experiences with people, while doing it in a compassionate and responsible way. Glimpses of art, animal rights, culture, yummy vegan food, working with animals, and whatever else they find that piques their interest.

www.healthyvoyager.com/category/travel

Life is a voyage, live it well

Carolyn Scott-Hamilton is a vegan interested in holistic nutrition, culinary arts, and travel. She created her site to show people that they can travel anywhere without letting their dietary restrictions ruin their trip.



www.theplanetd.com/15-tips-for-easy-vegan-travel-2

15 Tips for Easy Vegan Travel

Vegan travel is easy. All it takes is a simple process of preparation and following the practiced tips of people who have been there (literally), done it, and are more than happy to open up and share what they've learned with vegans.

Language Guides

www.vegetarianguides.co.uk/products/veganpassport.shtml

NEW Vegan Passport (5th edition)



The essential passport sized travelling companion for vegans now includes 79 languages, covering over 95% of the world's population, with a page saying what vegans do and don't eat in great detail. Let the waiter show it to the cook and you'll be sure of a totally vegan, animal free feast in restaurants anywhere even if no one speaks a word of your language.



International
Vegetarian
Union

www.ivu.org/phrases

Vegetarian Phrases in World Languages

Simple and easy to learn and remember one liners to describe your requirements to the locals of any region in their own language.

Gifting and Sightseeing

Since India is famed for its handicrafts, the choice of an article selected as a gift to be taken abroad frequently happens to be a handicraft item made by rural or cottage-industry artisans. Unfortunately, a lot of Indian handicraft items are made using material like bone, shell, feathers, leather, or silk. It is worth remembering that if we ourselves do not use items that have resulted in suffering and killing of animals, we should not be buying them for others.

Holidays abroad involve sightseeing. Business trips can also include it. Each country has its own tourist attractions and sightseeing spots as much as it has its culinary specialities. It can so happen that we are drawn into attending events which involve cruelty to animals. Just as we would never eat meat irrespective of where we are in the world, we should remain strong in our convictions and never support animal cruelty or killing by witnessing it or purchasing products.

When on a holiday abroad tourists capture memories for a life time by taking pictures. Some times it so happens that while visiting certain places, unthinkingly they get themselves photographed with cute and cuddly animals like koalas, pandas, monkeys (gibbons, chimpanzees, macaques), lions, dolphins, rabbits, and even reptiles. Wild animals are kept sedated to ensure they remain docile for a selfie. People do not realise that these live photo props are kept only for this commercial purpose and subjected to a lot of human handling which makes them constantly feel scared and insecure.

We could explain the reason why we do not wish to support particular events to our hosts who are bound to understand and respect our ethical stand. In addition to the obvious like visits to zoos, circuses, 'blood sports' (hunting and fishing), animal and bird fights and races, some well-known events involve extreme animal exploitation or killing in some countries.

Authorities of most establishments are clever not to show the actual killing and have very attractive displays of their 'objectionable' products to lure tourists as a result of which we could quite easily land up purchasing fur trinkets, reptile skin items, or 'novelties' like lacquered butterflies or scorpions, even cockroaches, and ornamental shell items. To avoid such mistakes all that is required is to make it a habit to always (in India and abroad) think of the origin (if animal or not) of all products.

Vegan in Turin

Being vegan in Turin did not mean missing out on the local flavours
say Vivekan Brunschwig and Charlotte Chavarin



View of Turin and the Alps in background. Photo courtesy: Hpnx9420 on wikipedia.org

With its mostly meat-based traditional cuisine, travelling in Europe as a vegetarian wasn't always easy. But things are changing rapidly in the last few years. This change is obvious when seeing the flourishing number of vegetarian restaurants opening each year in cities, and their huge popularity amongst locals and visitors. According to the research agency Mintel, in 2016 18% of new global vegan products were launched by Germany.

There is a growing political consideration around this new dynamic. For example, in France, the leader of the left wing 'movement' La France Insoumise, M. Jean-Luc Mélenchon, repeatedly talked about the importance of decreasing meat-consumption in favor of a plant-based diet. The same is true for the recently elected mayoress of Turin, Chiara Appendino, who wants to make vegan diets a priority in the city, making Turin become 'The first vegetarian city in Italy' in five years. In fact, her party's 62-page manifesto clearly states that "The promotion of vegan and vegetarian diets is a fundamental act in safeguarding our environment, the health of our citizens and the welfare of our animals".

There seems to be a 'wind of change' blowing in favor of vegetarianism, and more generally animal rights, in Europe. Excited to be part of it, we decided to visit the city of Turin to see how these initiatives were put into play, discover its rich culture and history, and get a taste of what Italy can give to the cruelty-free movement at its best: food.

Having only a day and a half to spend in Turin, our first step was to go to the tourist information office to get some advice. It is located in Turin's historical center, *Piazza Castello* where one can admire the 17th century Royal Palace and the baroque *Palazzo Madama*.

At the tourist office, we barely had to mention our interest in vegetarian initiatives, when the receptionist finished our sentence: "the most vegetarian city of Italy, of course!" She then said, that she was a vegetarian herself and happy to see that this aspect of the city also attracted tourists like us. We talked a bit about the rise of veganism in western countries and the political measures promoting it locally. She told us more about the measures taken by the mayoress, like setting a meat free day every week, and pointed out the importance given to education, by teaching children to eat well while protecting the environment and animal rights. But the place started to fill up quickly with other tourists waiting for their turn, so we had to leave. The receptionist gave us a list of vegetarian/vegan restaurants along with a map of the city. With the sun shining beautifully on the baroque facades of the buildings, and feeling a little peckish already, we were all set to begin our quest for vegan delights around the city.

In Turin, it is common to see locals drinking a quick shot of coffee, an espresso, and eating a pastry on the go, as a short break during the day. That's what we needed at this

point. To get this in vegan form, we went to *Ratatouille* which offers, amongst other things, a good variety of piemontese pasticceria.

Everything was a real treat to the taste buds, from the cakes to all the savory options. We made sure to also get one of these creamy and wonderful hot chocolates, which is a local speciality!

To our surprise, being vegan in Turin did not mean missing out on any of the local flavours. From the antipastis to the world famous pizza and tiramisu, to name just a few, everything is enjoyable till the last bite without it having been a part of the violence against animals.

Italy is also famous for the quality of its wine. To taste local vegan wine, we recommend the *Soul Kitchen* restaurant, which also specialises in Raw Vegan cuisine. There are now about 30 vegetarian/vegan restaurants in Turin and *Soul Kitchen* is one of the first among those which opened in the last 4 years, during which time the vegan 'trend' has become more popular. Before then, vegan restaurants and fast-foods used to open and close shortly after for lack



Some pastries at *Ratatouille*. Photos courtesy: *Ratatouille*.

of a stable customer base, explained the chef, who seemed to enjoy interacting with customers during his off-peak hours.

It is quite common that Vegan restaurants are very busy around dinner time. The best example is maybe L'Orto. Run by Edouard Ferrante, a vegan chef working internationally, his gastronomic cuisine, mostly made from local ingredients, invites you to a culinary trip that you can't miss. The restaurant is located close to the Po River and the Grande Madre de Dio church of which the statues are said to indicate the presence of the Saint Graal in Turin. An occasion to learn about the historical secrets of the city which is known for its numerous magical mysteries.

Walking through the city, we saw many businesses (mainly coffee shops), with the 'VeganOK' sign on their front door. The homemade take-away restaurant and mini market SaporeVegano was one of them so we decided to enter. Francesca, who was working there, told us that "this label is made to help



vegan people choose products which are in line with their ethical standards" and that any restaurant or store, as well as products such as manufactured foods, cosmetics and pharmacies can ask for this certification for free if they fulfill a certain number of requirements.

On the counter were many pamphlets on animal rights, along with flyers on yoga, meditation and tai chi. This proximity between the two worlds is a common sight in Europe, as if there was something more 'Eastern' about cultivating ideals of non-violence and better harmony with nature. But, it isn't completely true when we see the rise of meat eating in some parts of India. In Turin, the political measures favoring vegetarianism are facing strong opposition amongst meat producers and people attached to culinary traditions, while in India it seems as if vegetarianism is often attached to religious traditions, from which opponents probably want to distance themselves by eating meat as a way of protest.

Vegetarianism should not be imposed on people's will, but people should be more educated on the harmful effects of consuming meat. Such is the case in Turin where the new party in power tries to spread the idea of vegetarianism as an ideal "recommended by the UN's Food and Agriculture Organisation", as Appendino's councillor for the environment, Stefania Giannuzzi, reminded the opposition.

As Francesca told us, the political decisions made by the mayoress could not subsist without Turin's people. Friendly and outgoing, they are at the centre of the image of this city, which welcomed us warmly amongst the wonderful typically Italian avenues and the avant-garde mood, all colored by delicious street art and green zucchini spaghetti.

Rich cultural traditions, hospitable people, and delicious vegan food – could one ask for more?



Vivekan Brunschwig has completed his masters in anthropology at the University of Montreal Canada. He is a life member and volunteer of BWC and has been upholding our principles since 1995 when he was 5 years old.



Charlotte Chavarin teaches French. She has been a vegetarian since the age of 12. She believes education can include sharing good values such as respect and consciousness about our surrounding world.

Vegan Recipe

Turnip

Turnip also known as *shaljam*, *gogji*, rutabaga or swede (Swedish turnip, yellow in colour, cross between cabbage and turnip), *kohlrabi*, *ol kopi*, *monjhakh*, *nolkohl* (German turnip) are all nutritious root vegetables. Although low in calories (just 28 calories per 100 grams) they are an excellent source of antioxidants, minerals, vitamins and dietary fibre, plus rich in Vitamin C.



Unfortunately their highly nutritious fresh green tops are not consumed as much except in Kashmiri cuisine. They compose of many minerals and vitamins and are an excellent source of Vitamins A, B, C and K.

Tender turnips or “baby turnips” are harvested quite early at their growing stage. They are sweeter and can be eaten raw in salads.

Rajma-Shalgam (serves 6)

Ingredients

- 2 cups *rajma*/kidney beans
- 1 kg *shalgam*/turnip
- Salt
- 2 litres water
- 2 tbsps *saunf*/fennel powder
- ½ tsp *saunth*/ginger powder
- 3 *moti elaichi*/black cardamom, crushed
- 3 tbsps *sarson*/mustard oil
- 2 *elaichi*, crushed
- 1 tbsps *jeera*/cumin
- 4-5 *laung*/cloves, crushed
- ¼ tsp *hing*/asfoetida

Preparation

Wash and soak *rajma* overnight.
Cut each *shalgam* into 4 pieces.
Pressure cook on high flame *rajma*, *shalgam*, salt, 2 litres water, *saunf*, *saunth*, *elaichi* and 2 tablespoons unheated oil.
Do not open.
Heat remaining 1 tablespoon oil and sauté *elaichi*, *jeera*, *laung* and *hing* on low flame stirring continuously for ½ minute.
Open cooker. Add sautéed items along with a little more water if required, and boil for another 6-7 minutes.
Serve with boiled rice.

Do visit www.bwcindia.org/Web/Recipes/Recipesindex.html for an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes.

Scowl, don't Smile



**cruel
photo
props**



In many cities of the world wildlife is misused to attract tourists at hotels, resorts, malls, parks, zoos and other places. Taking a selfie with an animal is insensitive since most animals are kept continuously sedated to ensure that they are docile. The few that are not heavily drugged are also subjected to a lot of human handling making them constantly scared and insecure.



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420 E-mail: admin@bwcindia.org Website: www.bwcindia.org