

ISCOWP News



Barn Roof Finished!

*Help Us Get Ready
for the Winter!*

*Cow Protection
in the Village.*

*Lakshmi's Kitchen
Save Your Produce.*

*Q & A: What are
You Doing for
Cow Protection?*

*Cows Absolved
of Causing Global
Warming.*

WWW.ISCOWP.ORG

Dear ISCOWP Members,



Some of the spiritual leaders of the International Society for Krsna Consciousness (ISKCON) recently visited ISCOWP. The conversations centered on cow protection and

how it can be increased and improved amongst the ISKCON members. We were most happy to take part in these conversations and do pray that they will manifest practical improvements in the future. Input from these visits are in some of this issue's articles.

Life is busy on the farm at this time of year.

Planting, weeding, harvesting, fencing, greeting guests, maintaining the grounds and the everyday farm activities of caring for the cows. Soon winter will be upon us and there are a few projects and equipment that we need before the snow falls. Please check page 3.

A special thanks to everyone who helped us completely rebuild the old barn roof for the cows!

Yours, Chayadevi

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ISCOWP Profile

The official International Society for Cow Protection, Inc. (ISCOWP) was incorporated in the USA, March 1990, as a 501 (c) (3) non-profit, tax-exempt organization. William and Irene Dove (Balabhadra das and Chayadevi dasi) are its managing directors. They are disciples of His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, the Founder Acharya of the International Society for Krishna Consciousness (ISKCON). Through their spiritual master's teachings, they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

Cow protection means enabling cows to live out their natural lives with love and affection. The tenets of cow protection are universal and nonsectarian, available to all regardless of race, creed, or nationality.

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Donations and Financial Reports

USA tax deductible number: 23-2604082.

To donate online:

www.iscowp.org/donations.html
www.causes.com/cowprotection

To donate by mail:

Make out check to ISCOWP and send to ISCOWP mailing address

A copy of each year's ISCOWP IRS Form 990-EZ is available at www.guidestar.org

E-newsletter Monthly

Send us an email with subscribe in the subject.

T-shirt s

www.iscowp.org/tshirts.html

Adopt A Cow

www.iscowp.org/adopt-a-cow.html

Sponsor an Earthworm or Bookworm

www.iscowp.org/sponsor.html

Editor's note

Articles and quoted comments by those other than the editors do not necessarily represent the viewpoint of the editors. ISCOWP and the lotus/cow symbol are registered service marks of the official International Society for Cow Protection, Inc.

Internet

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www.iscowp.org
www.iscowp.blogspot.com

www.facebook.com/internationalsocietyforcowprotectioniscowp

Help Us Get Ready for Winter!

Soon winter will be upon us and there are a few projects we need to complete and equipment that we need to purchase before the snow falls. Whatever you can donate to help us get ready for winter will help us protect the cows during this winter's cold ice and snow. Last winter was a wake up call as to what can happen if there is a hard winter.

Telescoping Pole Pruners



The trees on the road bowing with snow.

Trees and branches are overhanging the road to ISCOWP. When heavy snow falls, the branches and trees can break and block the road. Our neighbor, who moved, use to cut the branches. With these pruners we will be able to maintain the plant growth along the road. Last winter we could not get down the road for 1 week. Then we had a few days of open road and again another week of road blockage.

\$800

Barn Roof Gutters Repaired

The gutters need maintenance repair so the heavy rain and snow melting will not flood the barn floor and make a slippery environment for the cows.

\$100

Generac Generator

Power outages happen here too often and last too long causing water shortage for the cows and garden not to mention the ISCOWP staff. Freezers and computers would also be able to continue to operate with this generator.



Lots of snow melts into the barn gutters. Doors are needed on barn in the background.

Last year we bought a portable generator for one side of the farm. It was an emergency purchase and took care of the lack of water supply for the cows after 1 week of no electricity.

There are two sides to the farm, each on a different well and pump. To keep the ISCOWP services going during a power outage we need another generator. The generator we wish to purchase is a permanent unit that sits outside all year and gets turned on when there is the need. It is always connected to the power of the building being serviced. After attachments and installation we figure the cost to be:

\$3, 799.99

Doors on Geriatric Barn

The geriatric barn is used for old cows, ill cows, dying cows or very young cows. During the last 2 years snow and rain came through both sides of the barn covering 1/2 of the barn floor. This made it uncomfortable for the cows inside the barn since some were not well and could not move freely.

Before next winter we would like to build two sets of sliding doors on both sides of the barn to prevent the snow and rain from coming into the barn. The sliding doors would give the option of leaving that space open in decent weather so the cows can have lots of fresh air.

\$1000

This gives a total of : \$5, 699.99



We were without power several times, once for almost 2 weeks. .

Please help us get ready for the winter by using the enclosed form or donating online at:

www.iscowa.org/ongoingprojects.html

Thank you.

Letters

Bacteria in Cow Dung Good for You

From: Badrinarayan das

To: iscowp@earthlink.net

Sent: Tuesday, May 25, 2010 11:50 AM

Subject: All auspicious nature of the cow

Hare Krishna. Thought you might find this interesting. I just heard a clip from the BBC news service confirming the Vedic injunction that everything about the cow is auspicious and beneficial. It was a piece on research being done in Australia on a particular bacteria found primarily in cow dung or "gobar" as they call it in India.

Turns out that this bacteria, when inhaled (as would happen naturally in a rural setting or village life) helps generate serotonin, a chemical which acts in the brain to regulate moods and creates a sense of well-being. Even more so, this bacteria is found to reduce the effects of asthma and a host of other diseases and bodily distresses.

The commentator said "The benefits are especially true for children who grow up playing in such natural surrounding, where they would inhale this bacteria. That children are increasingly cut off from this type of natural environment may well be one of the major causes of the growth of allergies and attention deficit disorder in children".

So once again, research science is playing catch-up to the eternal wisdom of the Vedas. Krishna playing with the cows in His childhood lila is showing the best standard for health for all children.

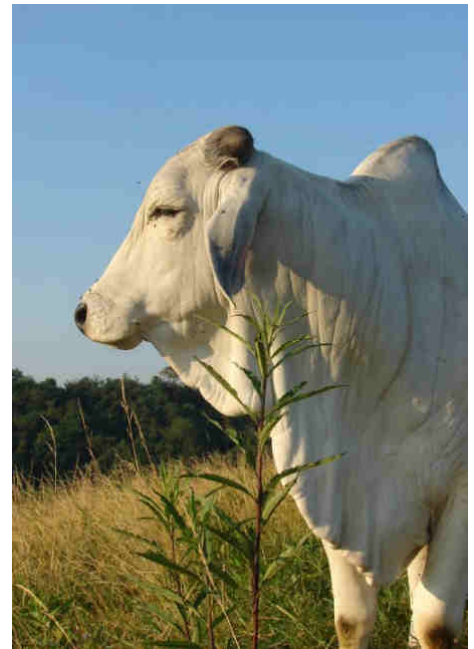
More on the benefits of cow dung / gobar,
<http://inventorspot.com/archive/201005>

Bacteria Found In Cow Dung Can Make You Smarter
by T Goodman

Researchers from the Sage Colleges in Troy, NY, reported today their findings that specific bacteria common to our environment may increase learning behavior. Dorothy Matthews and Susan Jenks, who conducted the study, shared their findings with those in attendance at the meeting of the American Society for Microbiology in San Diego.

The bacteria, *Mycobacterium vaccae*, is well known to scientists, as the dead bacteria is being tested as immunotherapy for asthma, cancer, depression, psoriasis, dermatitis, eczema and tuberculosis. *M. vaccae*, so named because it was first discovered in cow dung in Austria, is naturally found in soil, and it is inhaled when people spend time outdoors, especially where there are plants and trees.

It was found in previous research that heat-killed *M. vaccae* had anti-depressant effects on mice by stimulating the growth of neurons and levels of serotonin. Matthews and Jenks, however, were curious about the effects of live *M. vaccae*, and fed



Sri is greeting the morning sun.

live bacteria to an experimental group of mice to see how it would effect their navigation of a maze.

The mice that were fed the live *M. vaccae* learned the maze twice as fast as the control group, which had not received *M. vaccae*, and the experimental group exhibited less anxiety as well.



Cow dung patties are used extensively in India for fuel for cooking.

Some time later, the experimental group was taken off the bacteria and tested again against the control group. This time, the experimental mice did not learn the maze as fast as when they were given the bacteria, but they were still faster than the control mice.

In yet a third maze learning experiment, conducted after the mice had rested for three weeks, the experimental mice ran faster than the controls, but not fast enough to make a statistically significant difference. This suggested to the researchers that the effects of *M. vaccae* are temporary.

"This research suggests that *M. vaccae* may play a role in anxiety and learning in mammals," says Matthews. "It is interesting to speculate that creating learning environments in schools that include time in the outdoors where *M. vaccae* is present may decrease anxiety and improve the ability to learn new tasks."

Take a walk outdoors when you take a break. You'll return more relaxed and smarter!

Sources:
Medical News Today, Wikipedia

Cows absolved of causing global warming with nitrous oxide

From: Eric Bott

To: iscowp@earthlink.net

Sent: Friday, April 09, 2010 1:21 AM

Subject: fyi: Cows absolved of causing global warming with nitrous oxide

<http://www.telegraph.co.uk/earth/environment/climatechange/7564682/Cows-absolved-of-causing-global-warming-with-nitrous-oxide.html>

Livestock could actually be good for the environment according to a new study that found grazing cows or sheep can cut emissions of a powerful greenhouse gas.

By Louise Gray,
Environment Correspondent
Published: 7:00AM BST 08 Apr 2010

In the past environmentalists, from Lord Stern to Sir Paul McCartney, have urged people to stop eating meat because the methane produced by cattle causes global warming.

However a new study found that cattle grazed on the grasslands of China actually reduce another greenhouse gas, nitrous oxide.



Photo: Reuters

There has been research in the last several years claiming that cows contribute greatly to global warming due to their methane gas emissions. This we have known to be due to the unnatural beef industry practice of feeding and feedlot containment. Here in this picture Argentine scientists are strapping plastic tanks to the backs of cows to collect their farts for a global warming study.

Authors of the paper, published in Nature, say the research does not mean that producing livestock to eat is good for the environment in all countries. However in certain circumstances, it can be better for global warming to let animals graze on grassland.

The research will reignite the argument over whether to eat red meat after other studies suggested

that grass fed cattle in the UK and US can also be good for the environment as long as the animals are free range.

Klaus Butterbach-Bahl, of the Karlsruhe Institute of Technology in Germany, carried out the study in Inner Mongolia in China. He found that grassland produced more nitrous oxide during the spring thaw when sheep or cattle have not been grazing. This is because the greenhouse gas, also known as laughing gas, is released by microbes in the soil. When

the grass is long snow settles keeping the microbes warm and providing water, however when the grass is cut short by animals the ground freezes and the microbes die.

Dr Butterbach-Bahl said the study overturned assumptions about grazing goats and cattle. "It's been generally assumed that if you increase

Continued on page 15



Priya, Vishaka and the herd pasturing in the early morning.

staying in the barns during midday and leaving the barns late in the day for pasturing. In the early morning they can be found on the hilltops where they spent the night catching the cool evening breezes. As soon as the mountain mist begins to evaporate and the sun rises, the cows come down from the hillsides to the barns to once again take shelter of the shade of the barn roofs.

So far this year all the cows have stayed healthy. About half the herd is older and some of them have arthritis which has been manageable. We pray they stay healthy as it is a pleasure to see them enjoy the pastures and each others association.

Guests

Guests have come from Columbus, Ohio, Gainesville and Alachua Florida, Washing D.C., Switzerland, Columbia, India, England, Czech Republic, Canada, New Talavan Mississippi, Texas, New Jersey, Gita Nagari Pennsylvania, Hanover Col-

ISCOWP Update

This spring and summer have been extremely busy with the major projects of rebuilding the old barn roof and building the 1/4 mile fence line bordering part of the cow's pasturing ground. These two projects are now completed due to your help. Thank you.

This time of year is already the busiest one on the farm with beginning, maintaining and harvesting the garden, maintaining the grounds, building and repairing any of the farm buildings, harvesting wood from the forest for winter heating, and greeting and touring guests.

Cows

Spring brought lush green hillside pastures to which the cows gleefully ran and jumped when allowed out of the barnyard. Summer has brought heat waves and high humidity with little rain. The cows escape the heat by



Kala Kanta and Jitamrita run the Gainesville ISKCON temple in Florida. They brought a youth group from Florida to visit ISCOWP. They visited the cows and our home and we had discussions about the importance of cow protection, cow protection communities worldwide and the practical operation of ISCOWP with a tour of the root cellar. In the

lege in Indiana, Ohio State University and Hungary to mention an incomplete list. We have a sign at the end of the road that says by appointment only. This helps greatly to enable us to perform our service on the farm and greet and meet sincere guests.

varieties are growing nicely and there are many green tomatoes. . The apple trees are bowing due to the abundance of fruit. We pray that nothing stops their development as it has been a few years since we had a productive apple crop. Also the dried apples are a nice premium for you.

So far the most successful dried premiums for you have been the Bitter Melon, tomatoes and apples. Flowers are abundant.

These next two months will be busy weeding, planting, harvesting, preserving and keeping the grounds maintained. As fall approaches the garden productivity slows down and the grass slows in growth due to the cooling temperatures.

New Staff

We welcome Maitreya das who has joined the ISCOWP staff and is now living in the cabin on the farm. He is helping with the farm chores, but the service he loves the most is beautifying the grounds and keeping them neat and clean. The goal is to organize the grounds so they can be maintained easily. Thank you Maitreya!

Planning Trip to USA Farms

In November we are planning to visit the USA cow protection farms mostly in the south. The hope is to foster unity and learn of the frustrations and accomplishments of the members of



Balabhadra feeding Jahnava a treat in honor of a donor of a \$1000. Any donor of \$1000 will be honored by prayers for them and feeding of treats to the entire herd.

The highlight of each visit is to meet the cows even though we also show our garden, root cellar and home. The cows do not just stay in the barns and if guests come at a time when they are out of the barn an adventurous trek must be taken through the pastures or forest. The effort is always worth it.

We try to take pictures of every guest's visit. We send the pictures to our guests as mementos if so desired and publish them in the ISCOWP e-newsletter. Pictures of all the guests will not fit in the ISCOWP News.

Garden

We are now harvesting chard, peppers, lettuce, berries, mint, tomatoes, Bitter Melon, beans and basil. We enjoyed sweet peas and spinach for several months but they are now finished. The beets, carrots, tomatillos, and beans of several



Narayana, Surariha, Bala, Giri, and Deshi, 2nd generation devotees from New Talavan, Mississippi, with a big appetite for a farm lunch after they helped us haul, cut and deliver firewood from the ISCOWP forest to the ISCOWP residences for winter heat. Lakshmi and Balaji also had a big appetite.

the farms. If you would like us to visit, please contact us at iscowp@earthlink.net. We look forward to visiting with you.

Farms, Food and Faith Conference

"Members and supporters of ISKCON agricultural communities are invited to participate in a 3 -1/2 Day conference beginning Friday, December 3rd, for 1/2 day beginning at 2 pm, Saturday and Sunday full day, and ending Monday, December 6th at 1 pm.

A partial goal of this conference is to introduce and study methods of practical sustainability in current day ISKCON agricultural projects or future projects and to define how our philosophy meets real life in practice. It is planned to facilitate a limited number of interested persons in order to maximized interactions, exchanges, learning and sharing of the same.

We'd especially like to invite younger generation members to participate with the distinct hope of inspiring them towards a more simple fulfilling life-style in the near future. We also welcome those who might wish to offer a presentation or workshop to contact us (see below).

The venue will be ISKCON New Vrindaban, West Virginia and registration will include meals and accommodation. Some non-ISKCON people from the secular world who are expert in various areas related



Bhaktivana Dhama community Baldwin City, Kansas.



Ohio State University students came to ISCOWP to do research for their Global Leadership course.



We rented a two man auger to drill pilot holes so the pounding would go more easily. It is a two man auger but will give two men a real workout. We put 4 men on it and they were able to drill the remaining 150 holes in about 8 hours.

to the conference will be invited to share their knowledge and skills.

Please respond indicating your interest and possible attendance ASAP. As indicated, the number of participants will be limited (approximate 35 attendees).

You may call: 304-845-9591 or e-mail servingkrishna@aol.com for further information or with your suggestions towards making this a memorable and meaningful event." Malati dasi (GBC)

We will be attending this conference and encourage others interested to do so.

Bhaktivana Dhama

In May, Balabhadra was invited to attend the biannual gathering of friends of the Bhaktivana Dhama community. There he gave 3 classes on cow protection during his 3 day visit. They are presently protecting 4 cows and plan to expand.

Here is an add from this community: "Bhaktivana Dhama farm community, near Kansas City, is offering job/service positions for devotees who wish to help pursue Srila Prabhupada's vision of cow protection and self-sustainable farming. Experience welcome but not necessary since training will be provided. Opportunities available for individuals, couple or small family. For further details please call Krishna Das at 785-594-2651 or email gopisandal@hotmail.com."

All About You

All devotees learn about the importance of cows in Vedic culture from the beginning of their path in bhakti yoga* and I was no exception. But it was not until I became involved in Srila Prabhupada's centennial celebrations that my understanding of the importance of cow protection really began to deepen and take a firm root in the core of my personal values.

As part of the celebration we began looking at different ways to strengthen ISKCON and a group began to coalesce around the topic of ISKCON's economic and social development. One of the prominent voices in this group was Hare Krsna dasi, who had assembled and organized hundreds of citations from Srila Prabhupada's recorded work on the topic of Varnasrama Dharma.*

Reading this material and discussing it with the other members of our group began to solidify my understanding of the importance of the cow and bull in bringing about the qualities of sattva guna* required for true Vedic culture.

I could understand that milk products were really a side benefit to cow protection and that the primary benefits came from the oxen whose manual labor was capable of generating complete agricultural prosperity without reliance on fossil fuels and industrial

technology. Not only were they the answer to the "food problem", as Srila Prabhupada put it, but the energy problem in general.

Only with their help, could a Krishna conscious community produce enough food and basic necessities to have



Pancharatna's wife, Atitaguna, with their adopted cow Gourangi during their 2005 visit to the ISCOWP Farm.

the time for other devotional services without depending on industrial society.

Born out of this deepening conviction of the importance of cow protection I began getting involved where I could in different projects to promote cow protection. But, although I came up with many ideas, especially connected to my work in Mayapur, other projects always took a higher priority, mostly due to their source of funding.

That's why the opportunity to support the work of

ISCOWP and other cow protection programs has meant so much to me, my wife Atitaguna dasi, and our family.

In addition to our support of ISKCON's sankirtan activities, by contributing to cow protection programs we feel that we are making a small but important step forward towards turning our

we should be paying at least three times what we pay in the supermarket. So, the way we see it, we should pay the difference to cow protection rather than pocketing our "savings". We do that by adopting cows, one with ISCOWP and another here in Alachua.

When we can, we buy milk from devotees in the area if they have excess and we look forward to the day we can buy our veggies from protected ox-powered farms.

Although it is indirect, by connecting our lives with the care of cows we feel their blessings in our lives. Of all their gifts, it is the blessings of the cows that are most important. When we lived in Mayapur we got to have direct association with the cows living there and could see how everyone was blessed when they were happy.

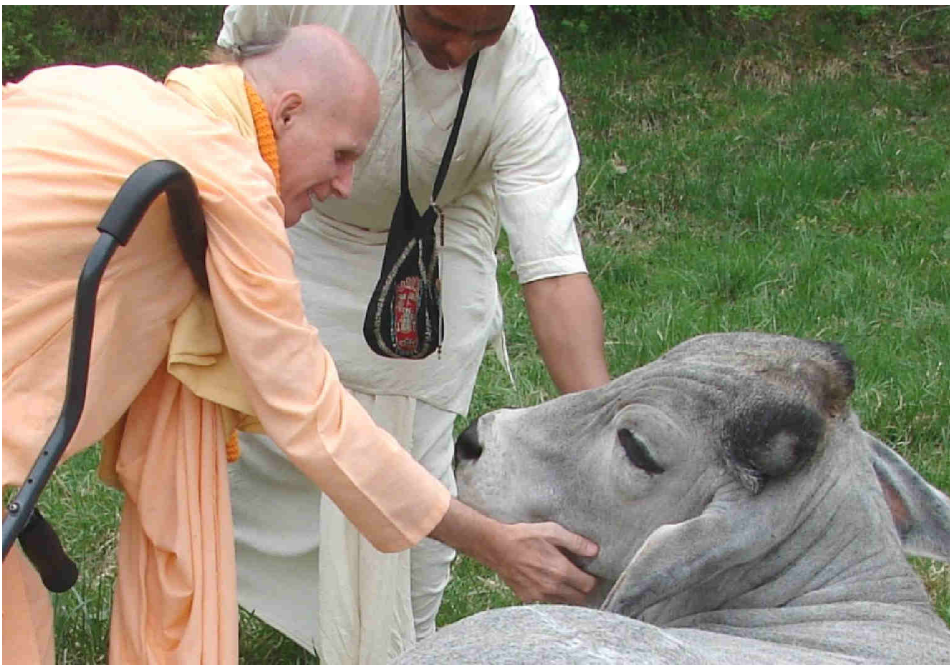
The love and care of the devotees of ISCOWP is extraordinary and it is our great privilege to be able to assist them from a distance and get a drop of the ocean of blessings they are receiving from the cows in their care.

Pancharatna (born 1951), joined ISKCON in 1970, and served in Mayapur for about 23 years in the period from 1976 to 2002. He married his wife Atitaguna dasi in 1980 and they raised their family of 4 in Mayapur. They now live in Alachua with daughter Nila and grandson Bhima. He currently serves as director of Friends of the BBT and the Sambandha Initiative. (*words found on page 15)

current cow killing society to a cow protecting world.

We also like to look at our contributions to cow protection as a way to make our use of dairy products in our household more appropriate. We realize that the industrial milk products that we purchase, even the ones we get from our local organic dairies, are subsidized by the blood of the cows and bulls connected to this production.

Realistically, if we were to purchase all our dairy from a protected cow dairy farm,



Bhakti Raghava Swami, head of the India Varnasrama Ministry, meets ISCOWP's Sri.

Cow Protection in the Village

The practice of cow protection has been common in India for thousands of years. Even today one can see cows protected in the villages and in large goshalas (sanctuaries for cows). Support for cow protection within India is not hard to find although western culture and the desire to meet western standards is diminishing that support.

The longest, most successful history of cow protection has been in the village life of India. The cow was and is a source of milk, the bull, labor for tilling the fields to produce grains and the dung from both useful for fuel, fertilizer, medicine and building material. God's gift to the village farmer by which he could provide for his family. A gift to be considered sacred not only for its sheer generosity in allowing the village farmer to live with all the necessities but also due to the long religious history of the cow in India's holy Vedic scriptures.

What place then does cow protection have in the 21st century and in the western world?

To realize the sanctity of all living beings can be found amongst followers of various religious paths. It is also a common theme among animal activists. Those of Hindu beliefs have a special spiritual and practical connection with the cow. On these premises cow protection fits into the hearts and minds of many people. However, the practice of eating beef is so widespread, creating a huge industry which is breeding and killing enormous uncountable numbers of cows each day, includes even more people. Besides that, the meat industry is one of the most powerful within and without governments, ever influencing the minds of people especially the youth.

Those who are sympathetic to cow protection contemplate the question of how to practice cow protection to increase the numbers of cows being protected and to counteract the meat industry. One way, the most natural and symbiotic way, is to develop village life where the cow is loved and considered important by everyone in the village. Bhakti Raghava Swami, head of the ISKCON's India Ministry for Varnasrama Development believes



The ISCOWP herd coming down from the hills heading to the barn one early morning.

village life in India, and other countries as Indonesia, to be the foundation for cow protection in their respective countries.

Bhakti Vaibhava Swami who produced the film *Lost Village* explains beautifully in his film how village life within India naturally and symbiotically supports cow protection. His film also explains how Indian village life is eroding due to a changing world.



Bhakti Vaibhava Swami, producer of the documentary *Lost Village*, speaks about the simple but sublime village life close to the land and cows.

You may think, "What is so wonderful about village life, isn't such a life backward?"

"The sense of tranquility, the principle of pure living, the presence of farms and animals, the co-existence with nature, and the intimate connection with the earth and environment, remain the shelter for everyone on this planet." *Lost Village*

The village life we are speaking of does not have to be a duplicate of village life in India. In the western environment it can be a group of families getting together to purchase land on which they can comfortably support some cows as a group effort creating a safe and peaceful

atmosphere for the cows, themselves and their children. Time, place and circumstance is the guideline.

Within village life the cow is known to each individual. The cow is important to their personal life at the least by the dung that can be used to fertilize the gardens and fields. When there is a natural personal relationship between individuals there is more love and concern. The concept is not complex, but the

practical knowledge and abilities to implement the concept are not commonly understood. They are being lost as the world moves from a predominately agrarian society to an urban one.

"There could be the best of both worlds. The best of villages and the best of towns. But the rate at which things are changing and getting lost, one cannot even begin to imagine what the future will hold for us and our future generation." *Lost Village*

To find out more and buy *Lost Village*: www.lostvillagemovie.com/home.html
To find out more about the Varnasrama Ministry: www.varnasrama.org/

The Barn Roof Is Finished! Thank You!



Due to age, 40 years, and a harsh winter the old barn roof was in need of repair. With your help we began to rebuild the large barn roof, an area 70 feet by 94 feet.

We ran into more structural damage than we anticipated. Once we took off the old tin we could see it. The rafters had sunk weakening the purlins (the wood going horizontal to the rafters). Much of the purlins had become bent and cracked which made the platform to lay the metal roofing upon not level and unstable.

To correct the problem we first thought of leveling the roof by jacking up the rafters from underneath the roof, but due to the weight of the roof it was not possible. The solution was to cut square blocks, (2" thick, by 8 inches wide, by 18 inches long) and nail them to the rafters at varied heights to level the roof platform and then nail the purlins to the blocks. The metal roofing then had a level platform on which to be laid.

The finished roof is a beautiful sight to us. Now the cows will have a secure roof over their heads and there will be no need to worry when winter comes with possible heavy snowfall as occurred last winter. Thank you everyone for your help!



Chayadevi harvesting chard which can be frozen, canned and cooked fresh.

Lakshmi's Kitchen

If you have ever gardened, you may have had the problem of more produce than you can consume before it spoils. For the last 12 years we have canned most of our produce. This requires equipment, storage space and lots of time. The second way we preserve our produce is by drying which takes a lot of time but less space. Another way to preserve your produce is by freezing.

Most everyone has a refrigerator in which there is a freezer. Freezing is usually a less time consuming process than canning and drying. Lakshmi, now a mother with a toddler, has less time to can than she did before. We therefore bought a freezer to help preserve our produce.

If you live in a climate that has winters, you no longer need lament that you must pay high prices for low quality fruits and other produce. If you live in a climate that is warm all year round, then you can save your garden abundance or those good supermarket produce discounts.

Chard

When you pick your chard for freezing, take the leaves off the stems. It is best to pick your chard early in the morning and freeze soon after as this retains the nutrients. Blanch the leaves for 2 minutes. Then put in ice water. Drain and pack in container for freezing with 1/2 inch air space.



Blackberries can be frozen, canned as jams and dried as leathers.



Basil, on the right, gives a nice scent and helps keep the flies away as they do not like the smell. We also have mint growing in this bed and it also discourages flies. The mint leaves can be dried for tea and the basil leaves can be dried for spice. However, the basil leaves have a lot of oil in them which makes them more difficult to dry, so be sure to have a very hot attic or greenhouse for drying them. We have made the Basil leaves into pesto and frozen it. The Basil stems and flowers are very nice in vases. In this bed we have also grown Dill of which you can save the seeds for spice. Beans of different varieties are growing here as well and are not yet ready for harvest.

If you are cooking the chard you can use the stems by cutting them into small pieces and cooking them before the leaves. Lakshmi uses some olive oil, mustard seed, fresh ginger and asafetida (Hing). Then she puts in the stems and cooks them until almost soft. She then adds the leaves and cooks till the stems and leaves are done. Add salt at the end.

Blackberries

While picking berries try to avoid getting stems, leaves etc. in your container. It makes it easier to clean them later and avoids bruising. After picking, clean the berries keeping only the firm ripe ones for freezing. While making jams or leathers, you need not be so fussy. Then dry them on a paper or cloth towel and put them in freezer containers with 1/2 inch air space on top.

Basil/Mint

To make pesto use only the Basil leaves. It takes a lot of leaves to make a little pesto as the leaves are put into a food processor and ground up into a paste. Just follow a preferred pesto recipe and pack into freezer containers, add a thin layer of olive oil on top and then 1/2 inch air space before closing the lid.

For drying, cut both the Basil and mint right before it flowers as that is the time the scent and flavor will be most intense. Also the best time is in the morning before noon. Dry in paper bags tied tight in a hot place like an attic.

Q & A: What Are You Doing for Cow Protection?



Sivaram Swami and Balabhadra visiting the cows at the ISCOWP Farm. Sivarama Swami recently stayed with us for a few days in which we had discussions concerning cow protection.

By Sivarama Swami*

Krsi goraksya vanijya. Krsi means ploughing or agriculture and goraksya, cow protection. These are the staples of society, this is what people live on. All living entities subsist on grains. So the ksatriyas may direct and instruct people, the brahmanas* may perform their yajnas,* but if they don't eat then giving shelter or instruction is not going to work.

That eating is therefore the most essential aspect of life and this is why the vaisyas* and their assistants, the sudras, are so integral that the

other castes think that they are the most important people, because it is actually they who are feeding. Of course the vaisyas think that the brahmanas are the most important because they are taking the result of their work and offering it back to the Lord.

Srila Prabhupada said that this very common type of exchange was there but the responsibility of this goraksy*, is it the duty of just some people? Some very, very exclusive people? Is it the responsibility of all vaisyas, or is it for all grhastas* or all devotees?

My proposition is that it is everyone's responsibility. Just like everyone's responsibility is chanting Hare Krishna, watering Tulasi devi*, reading Bhagavatam*. Similarly part of our common dharma is to protect cows. This is something that you see ingrained in communities like Bhaktivedanta Manor*, where they have to limit the amount of cows they receive as gifts, and be very careful about the type of food that is offered to the cows, because to a greater or lesser degree all the devotees see the protection of cows as their dharma.

It is everyone's dharma: the cow is our mother, she gives

us milk while all over the rest of the world cows are being butchered, slaughtered, abused, and taken advantage of. Vaisnavas* must take it as their responsibility to protect cows. Now, how do you protect cows? Does that mean that you have a cow on your balcony in downtown Singapore? No, that type of cow protection is actually cow abuse. You cannot just keep your own cow.

Cows only give milk if they have calves, which means you have to constantly have calves, which means you have to have a herd, and that is a full time business. So how is it that individuals should protect cows? They should in some way or another be connected to ISKCON's herds. Srila Prabhupada established cow protection for instance in New Vrindavan, Gita Nagari, or as we have done here in Hungary at New Vraja-dhama. These herds are not the sole responsibility or duty of the local devotees in those places, they are the responsibility of the devotees and congregation of the local country. It is their responsibility to contribute to the cow protection, to donate towards the maintenance of the cow, to come and do some cow seva*, and when they come to the temple they should bring some bhoga* for the cows, to find out what items are needed by the cowherds. And the cow herds.

Cow protection is everyone's business, it is everyone's responsibility. This is being written down as varnasrama dharma*. If one

does not contribute or participate directly in cow protection then he should know that he is neglecting his dharma. In other words he is adharmic.

This is in my view the greater picture of what varnasrama means. Varnasrama doesn't mean that we simply philosophize about



Sivarama Swami with ISCOWP's Madhava

a way of life, but what are the duties of varnas* and asramas*, what are the duties that are common for all Vaisnavas, for all humans. And one of them is the protection of cows, just like chanting Hare Krsna is a common responsibility as mentioned earlier.

So, similarly, cow protection is a common responsibility for everyone. It doesn't necessarily always occur to us, and even when it does, it's difficult to get

devotees interested. More difficult than getting devotees to do sankirtan*, more difficult than getting someone to cook in the kitchen or be temple president, is to get devotees to be cowherds. To make devotees work with the cows, bulls, and oxen and to make that their life, it is very difficult for devotees to do this. "I

am an educated person, I have this diploma and you want me to take care of cows? You want me to do that thing that God does? You want me to do that activity that is going on in the spiritual world?"

And that is what is going on the spiritual world. That is what is going on where we are going—at least where I want to go is where there is only gopas* and gopis.* The whole social identity is based on "go", on cows.

There are milkmaids and there are cowherd men. And if we are not willing to be milkmaids and cowherd men here in the material world, if this service is beyond us and we cannot foresee how we are going to dedicate our lives to working with the cows, then where are we going? Then you had better look for somewhere other than Braja*. Then you had better go to Dwaraka* or Vaikuntha*, where that is not a compulsory, integral part of life.

Because in the spiritual world, in Goloka Vrindavan, Krishna goes out every day to tend cows. And yet it is so difficult to get devotees to be cowherders, to see that this is a respectable future, and to stick with that service. Because once again, cow protection is something that we talk about as being against the principles of slaughtering the animals. We don't believe in slaughtering the cow, we don't believe in eating the meat of the cow, cows should be properly protected. But, when it comes to properly protecting the cows, are we willing to do it? Are we actually willing to dedicate our lives to taking care of cows? Or are we willing to participate and support the protection of cows?

Therefore, we should ask: "What am I doing for protecting my mother? What am I doing to sustain cow protection in my zone? It is my responsibility, my duty as a Vaisnava. Am I performing my dharmic* duty?"

Sivarama Swami (born March 30, 1949, Budapest, Hungary) is a Vaisnava guru and a religious leader for the International Society for Krishna Consciousness (ISKCON). He is a member of the Governing Body Commission (GBC) who is responsible for leading ISKCON's mission in Hungary, Romania and Turkey. Within ISKCON, Sivarama Swami is also well known for his deep knowledge of Vaisnava literature, and has written several books about Gaudiya Vaisnavism. *

Sivarama Swami received the Gold Cross of Merit of the Hungarian Republic on October 20, 2009, the second highest award in the state. Karoly Manherz, the State Secretary for Higher Education and Science, awarded Sivarama Swami with the Gold Cross, saying it was in appreciation of his "charitable, humanitarian and value-creating work."

Glossary

asramas-the four spiritual orders of life
Bhagavatam:-Vedic scriptures
Bhaktivedanta Manor-English community
bhakti yoga-the system of cultivation of bhakti, or pure devotional service,
bhoga-food not yet offered to God
brahmanas-priestly class
Braja-highest level spiritual world
dharmic-religious duty of every human
Dwaraka-island kingdom of Lord Krishna
Gaudiya Vaisnavism-a vaisnava that follows the teachings of Lord Caitanya.
gorakshy-cow protector
gopas-male cowherds
gopis-female cowherds
ghastas-married householders
sankirtan- congregational glorification of the Lord through chanting His holy name
satva guna-the mode of material goodness
seva-a devotional service
Tulasi devi-sacred plant
Vaikuntha-the abode of Lord Narayana
vaisnavas-devotees of Lord Krishna
vaisyas-agriculture or business class
varnas-occupational divisions of society
varnasrama dharma-a Vedic social structure of 4 social & 4 spiritual orders
yajnas-Vedic religious ceremonies

Letters

Cows absolved of causing global warming with nitrous oxide

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livestock numbers you get a rise in emissions of nitrous oxide. This is not the case," he said.

Estimated nitrous oxide emissions from temperate grasslands in places like Inner Mongolia as well as vast swatches of the United States, Canada, Russia and China account for up to a third of the total amount of the greenhouse gas produced every year. Nitrous oxide is the third most important greenhouse gas after carbon dioxide and methane.

But Dr Butterbach-Bahl pointed out that the study did not take into account the methane produced by the livestock or the carbon dioxide produced if soil erodes. He also pointed out that much of the red meat eaten in the western world is from intensively farmed animals in southern countries.

He said the study does not overturn the case for cutting down on red meat but shows grazing livestock is not always bad for global warming.

Book on Farm Animal Welfare

From: comments@onthemenu-animalwelfare.co.uk

To: iscowp@earthlink.net

Subject: Book on Farm Animal Welfare

Date: Tuesday, May 11, 2010 4:33 AM

I am emailing to tell you about my book: On The Menu: Animal Welfare. Since it supports the vegan, vegetarian cause, I am hoping you might consider posting news of it on your message board - or doing a review for your newsletter?

On the Menu examines how the animals we eat are produced: the chickens, ducks, turkeys and geese; the laying hens, quail and the pheasants

reared for sport; the pigs and lambs; the dairy cattle, beef cattle and veal calves; and also the fish and shellfish. There is nothing else like it on the market focused, as it is, not just on the whole production process but also on the UK industry.

The book has been endorsed by - among others - Joanna Lumley, Julie Walters and Viva!. Altogether there are 13 endorsements. They, together with copies of reviews, are on; www.onthemenuanimalwelfare.co.uk

Julie Walters and Viva! have described On the Menu as a 'must read'. Julie Roxburgh, Co-ordinator of The Shellfish Network, has referred to the writing as "concentrated and powerful." And Roger Smith, Director of Old Pond Publishing, said of it "I have been reading your typescript with a sort of appalled fascination. I suppose this is what people felt when they first read Silent Spring or Animal Machines."

On the Menu is available in the US via the usual suppliers including Amazon and Ingrams.

Sincerely yours,
Sue Cross

Non sectarian cow protection
Hare Krsna!

I Will send donations whenever possible, just for the general upkeep of your mission to spread knowledge of the importance of cow protection.

May Srila Prabhupada,
Lord Jesus,
Saint Francis of Assisi,
Saint Nicholas of Talentino,
and all vegetarian saints
always smile upon you devotees at ISCOWP!

Sincerely in Christ,
Joanie Delisio

Front Cover: Vrajbhakti devi dasi and son Narahari das,
Back Cover: Pooja Sharma with Priya

ISCOWP News

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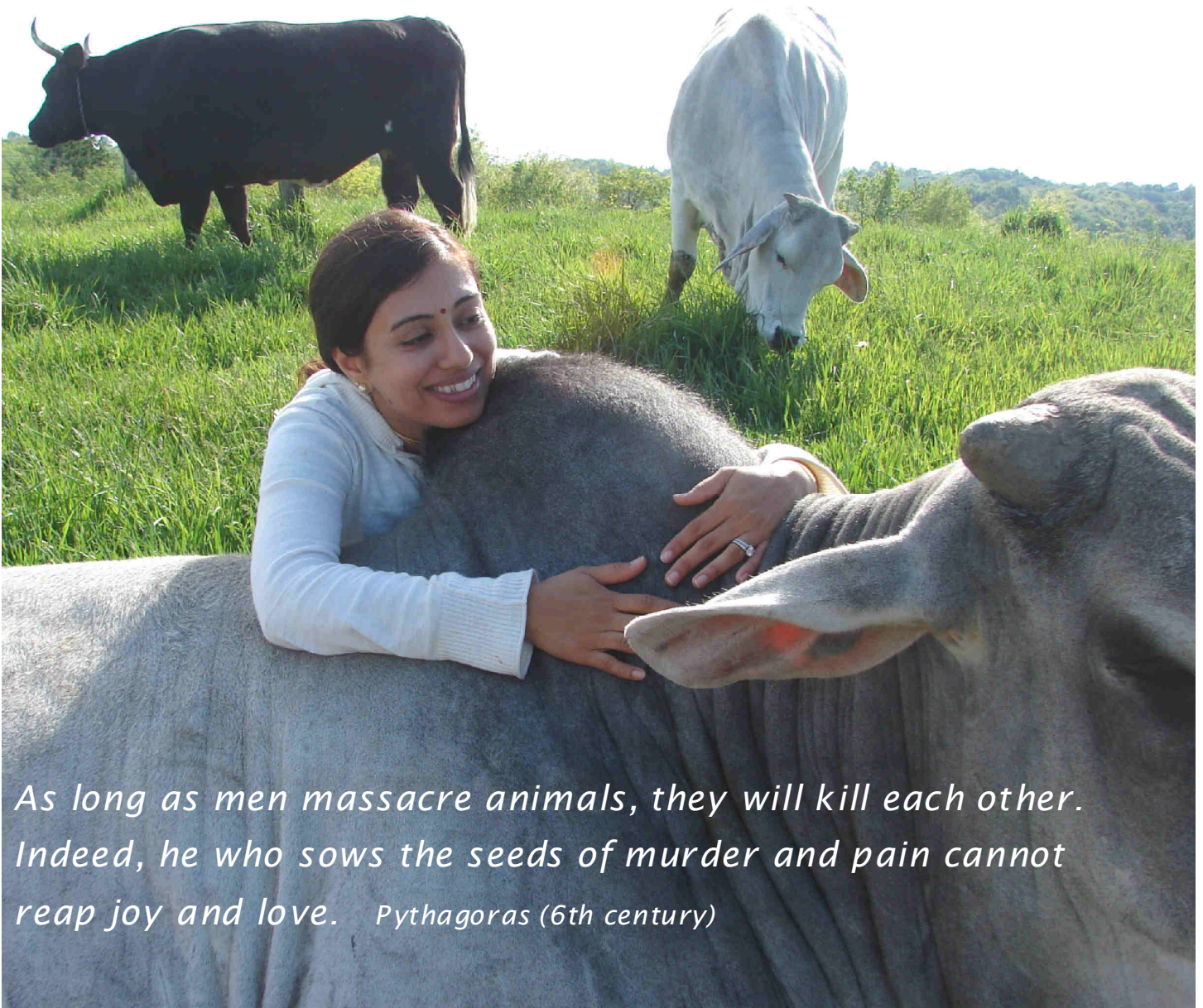
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*As long as men massacre animals, they will kill each other.
Indeed, he who sows the seeds of murder and pain cannot
reap joy and love. Pythagoras (6th century)*