Self-sufficiency through ox power, a village economy based on cow protection, and a way of life founded in God consciousness, the land and the cows may appear impractical, idealistic and backward. At least that is the first impression most people have when they meet us and hear of our activities. However, after listening to us present a logical argument sustained with facts and figures and extolling the benefits of cow protection, that opinion often dissipates.

Education enlightens the soul and broadens the horizons of the mind. The quality of the education determines the quality of learning. The realization that cow protection is a viable agricultural practice and provides solutions to many of our economic and spiritual problems is only possible through a concentrated educational effort.

Realization comes first, action follows. The picture above shows action as a result of realization. The grain that was planted last fall with the oxen has been harvested this summer (see page 7). The picture below shows ISCOWP’s educational efforts through informal seminars held at Gita Nagari farm on the application of ox power (see page 6).

By showing the practical application in action alongside the philosophical and logical explanation there is a perfect educational presentation. The practical application becomes manifest in ISCOWP’s land projects and the logical explanation is distributed through literature, seminars, Cow Protection Outreach programs, and the BBS network.

Book knowledge without practical application is useless.

Practical Education Produces Practical Application
LETTERS

Cow Protection Outreach Results

First I would like to mention that I became acquainted with your group at a Krishna Festival in Santa Monica Beach Los Angeles, California. I fell in love with the oxen I saw. At the festival I bought a button and got a gift catalog, a pamphlet (There are a Million Reasons You Should Protect Cows) and a spring 1992 ISCOWP newsletter. For about 2 weeks I wore my button everywhere including work. Somewhere it got lost.

Some of the reasons I don't eat meat anymore are:

1. As a young teenager in New York, my Uncle, a farmer had me butcher and prepare thousands of chickens every year for 4 years.
2. My religion tells us that animals do have spirits and go to heaven as well as we do. We will have to answer to God for our treatment towards all animals we mistreat or kill.
3. At one point I was studying the Seventh Day Adventist Church because they are all vegetarians and their hospitals serve all non-meat meals.
4. At the Krishna festival I learned of reasons they have respect for the animals.
5. All economical reasons in your pamphlets as well as the cost of meats in the market are higher then the better foods we use as vegetarians.

I became a complete vegetarian after the Krishna festival and use for my cookbooks:

1. Great Vegetarian Dishes
2. The Best of Lord Krishna's Cuisine
3. The Higher Taste
4. Vegetarian Times Magazine Cookbook
5. And eight other real good vegetarian cookbooks

I also thought of joining the Amish religion because they are farmers and will not use tractors and electricity and do not use cars. But they do eat meat.

As for the ISCOWP goals, I wish I could do all of them but I live in the city of Los Angeles and the Los Angeles County does not have any farms or land on which to farm anymore. I wish I had enough money to move out and acquire or work on an ideal farm such as ISCOWP.

I believe in the Hindu and Vedic teachings of the medicinal benefits of the spices used in the vegetarian cooking, but want to know why onions and garlic are not excepted by Krishna folks. Is it because of the offensive effects it gives or some other reason? Also, what is meant by lacto-vegetarianism? I use milk, cheese and margarine but I do not eat meat, fish and fowl. I don't smoke, drink alcohol or use coffee or caffeinated drinks, but getting off of onions was pretty hard to do.

Well, I want to go on and ask a lot of questions and write more but don't want to write too much at this time. Please feel free to give me suggestions.

Michael Hawkes
Long Beach, CA

Dear Michael,

It was a pleasure to receive your letter. Knowing that our efforts to present cow protection have concrete results is very encouraging.

We can direct you to some of our members in the Los Angeles area who can give you like-minded association. They will be able to answer your future questions. In the meantime we will answer the questions in your letter.

Lacto-vegetarianism means one does not eat flesh and paritakes of milk and milk products, vegetables, fruits and grains.

Lord Krishna states that all foods can be classified according to the three modes of material nature-goodness, passion and ignorance. Milk products, natural sweets, vegetables, fruits, nuts, and grains are food in the mode of goodness and offered to Krishna. As a general rule, foods in the modes of passion and ignorance are not offerable to Krishna, who says in the Gita that such eatables "cause pain, distress, and disease" and are putrid, decomposed, and unclean." As may be guessed, meat, fish, and eggs are foods in the lower modes. But there are also a few vegetarian items that are classified in the lower mode-garlic and onions, for example. Hing, sometimes called asafetida, is an acceptable substitute for them in cooking and is available in most Oriental or Indian specialty shops.

Support for Ox Power Sustainable Farming Project

I have no doubt that the model you are more and more developing is the solution to most of our internal economic, social and indeed spiritual difficulties.

Kardama Muni dasa
Key West, FL

Keep up the good work! Your ecstatic service is reward enough for us. See you this summer.

Gunagrahi Swami
Potomac, MD

I wish there were more I could do to help create an example of self-sufficient, land based, agrarian Krishna conscious life. I remember Srila Prabhupada comment on the Big Island (one of the Hawaiian Islands): "Wherever there are cows, crops, and Krishna, that is Vrndavan.

You have our best wishes. keep in touch.

Babhru dasa
San Diego, CA

It has been a long time since I've seen you and your good wife. I will always remember you as a pillar of new Navadvip. Your example convinced me to become a devotee. I actually have a debt to you which I can not repay. Life is a constant struggle to keep maya at bay and to try and do something positive for Srila Prabhupada and Krsna. You once again are an example for all devotees. Many times I have been forced into a philosophical corner when people ask me how is it that Krishna Consciousness can be the lifestyle that will save humanity from its present course of destruction. I look around me and I do not see any example of how a Krishna conscious person is practically presenting an alternative lifestyle. Most devotees have only adopted the life of...
fruitive workers and the real business of living a life dependent on the cow and Krsna are no where to be found. I too am guilty of this. Even when someone is setting this example who is there trying to help? I am completely satisfied that someone of your good character is even attempting this very difficult task.

May Krishna shine His glorious mercy on you.
Gour Govinda dasa & family
Honolulu, Hawaii

I am glad to hear the news about your continuing efforts. Your work is extremely important for Srla Prabhupada's mission in America, and I congratulate you and you good wife and family for their fine efforts. I am enclosing for your pleasure some pictures of our Brasil farm, Nova Gokula. Actually, we have 5 rural projects in Brasil, but this is the oldest and biggest. Hoping you are well.
Hridayananda das
Goswami
Somerville, Mass

ISCOWP Newsletter

Your ISCOWP newsletter is getting better all the time. I enjoy reading your thoughtful responses to letters and of course I am really happy to see how you are spreading Krsna consciousness by providing such a good example of ox-powered agriculture. I like it that you are small-scaled. That's an example other people can follow.

I am especially inspired that you are growing grains with the oxen. Prabhupada stressed the importance of this over and over again, but practically no one can get it together to carry out this desire of his. You certainly deserve all the support you are getting for this one achievement alone-let alone all the other great preaching you are doing.

Please send me some bread or cookies made from the grain grown by your oxen. I believe that when you offer these foodstuffs to the deity form of Lord Krishna their pleasure will be so great that when I take Their remnants my intelligence to do devotional service will increase quite a bit.
Hare Krsna dasi
Brunswick, ME

It gives me great satisfaction to make some contributon to the noble & transcendental mission that you have been entrusted with.
Last year I showed one of your newsletters to one of my coworkers, a lady named Kim Kroenburger. She liked what she read and spontaneously sent you a donation. It was exciting for me to witness this. I try to share the message of cow protection whenever I can. The model you are developing is certainly inspirational.

Girij das
Canoga Park, CA

Devotees in St. Louis gave us a recent copy of your newsletter and we were enlivened by your activities. We are old farm devotees ourselves, having spent most of our time in ISKCON at the farm in Mississippi, New Talavan. I spent most of my time milking the cows and working the oxen.
So now we have 10 acres just south of Springfield Montana. We are going to develop a produce orchard and ginseng business here. We're only about 30 miles from I-44 so if you are traveling east to west, stop by for a few days and rest. We'd love the association. I'll send you directions if you can stop.
Also I thought you would be interested in a couple of information resources:

Ox power in action at Nova Gokula farm in Brazil

Ag Access (1-800-235-7177) ask for their free catalog. They have or can get any book on any type of agricultural related subject in print.
ATTRA-(1-800-346-9140): This organization is funded by the Federal government and provides free info on just about any type of agricultural enterprice, especially organic and permaculture projects. Ask for their brochure and list of free manuals. They will also provide free research to answer specific questions and problems.
Hope these will help you keep up the good work!
Jagatkarta das
Galena, MO

Thank you so much for your "letter section" reply on horns and nose rings, your clarity in thought and compassion for our father bull, mother cow and the fallen souls is refreshing. Vraja and Gita sure are growing. Your addressing Hanumat presaka dasa Swami's letter, "Local Indepen-
dence & Interdependence," on the difficulty in finding a vision to actually change our situations relative to building this varnasrama village has struck right to the point. I've been rereading the August proceedings held in Los Angeles, thinking how we might transplant Srla Prabhupada's vision for varnasrama to more of our godbrothers. With all the preaching in the streets, and of course this is also needed, what good will it do when the system collapses without some established alternative for the masses to adopt? As yet, I'm still at a loss to suggest anything more. Since I am currently unable to participate hands on, I am pleased to offer my continued support to you both.

Parampadam dasa
Mason, WI

Cow Protection in Other Parts of the World

I just received your last newsletter updating me for the winter of 92-93. Thank you so much for still thinking about me way over here in East Africa.

I haven't got any news to report yet about our farming project in Uganda except that it will be manifesting itself anytime in the future. The desire is still strong and the potential for getting land donated is quite likely. My only obstacle is getting a residence visa for remaining in Uganda for an extended stay.

I've been preaching to several different villagers in our district about farming with the oxen instead of breaking their backs by doing all the labor themselves. These people are very poor that they probably couldn't even afford to maintain the oxen even if they were donated to them. Although, there are many farmers using oxen on their farms in eastern and southwestern Uganda we still need to try to get the rest of the farmers in the country considering the use of the cows and importance of draft animal.

I made contact with the Uganda National Farmers (UNFA) Association and they seemed interested in helping us with any farm projects we start up. They have a bimonthly magazine they print too. I gave them a few articles about ox-training and cow protection for their next magazine which I hope they include.

I think you may have noticed my change of address at the top of the page. We recently moved away from the big city of Kampala in order to cut down on expenses. Also to give us a chance to cultivate the people in a different area. We moved here in January and the Indian community seems more co-operative.

Please still keep me in touch with things there. It really keeps me interested reading about your activities with Vraja & Gita. When I return to the States I definitely want to come to your farm for a visit.

Hoping this meets you in fine health and hope to hear from you again soon.

Sada Ruci
Uganda, East Africa

We are obliged to Sri Satsvarupa das Goswami of the International Society for Krishna Consciousness who has given us your name and address. We had been endeavoring for quite some time to find like minded organizations but were unable so far, hence this delay in contacting you. It may distress you to learn that following the Western pattern, cows and bullocks are being eliminated systematically by making cow uneconomical and replacing bullocks with tractors with heavy subsidy.

As you know cow's milk and milk products are virtuous and of high value: next to human milk, but the price structure fixed by government is such that it is paid only 70% of price of buffalo milk. As such most of the people prefer to keep buffalos.

Similarly, in complete disregard of village economy, tractors are being introduced in a big way and that too with subsidy from government, while there is no support for improved animal systems by which productivity of bullocks could be improved by 100~300% depending on agricultural operation and soil condition. The cost of equipment is only about $225 as per (photo) enclosed.

On other hand, subsidy on tractors paid is about $950 leading to ever increasing import of petroleum products, responsible for trade deficit of nearly $6~7 billion.

The importance of animal energy in our system can be appreciated from a simple fact that out of 26 Bharatiya breeds of cattle, 14 were draught, 8 dual, i.e. energy & milk and only 4 for milk.


* Estimated by Animal Welfare Board of India.

Slaughter of cattle has also been going up as apparent from following report by Central Leather Research Institute, Madras, "Indiscriminate slaughter of productive animals to meet the internal and export demand for meat—all these have contributed to the low growth rate."

Now under influence of IMF and World Bank, production of meat is further proposed to be increased keeping official data at about 1.4 million tons of production deliberately lower than otherwise estimated by international agencies at 2.3 million tons.

Indian government promoted exports of oil cake 2.45 million tons, if this was made available to our cows, the value of extra milk would be 10 times and if the same was converted into milk products, the value realization would be 20 times.

To enable us to collect various scientific and economic benefits which the nation can derive from cow and her progeny, we need to employ scientists, economists, journalists to prepare papers with facts and figures for being used taken up with government and creating public opinion by interaction with press and other media.

We do hope that by exchange of information on continuing basis and close cooperation with your organization, it would be possible to achieve our common objective.

Laxmi Narain Modi
Managing Trustee
Bharatiya Cattle Resource Development Foundation
New Delhi, India
After traveling for 5 years with oxen throughout the country, we felt a strong desire to be able to answer the question so often asked by the people we met, "Where can I see a self-sufficient ox-powered village community?"

To answer this question we have turned the majority of our efforts into advising and assisting various cow protection programs and alternative communities develop ox powered self-sufficiency. This page and the following two pages discuss our efforts to spread the knowledge of ox power.

We would like to give thanks to the many members and friends who have supported these educational efforts and whose names will all be listed in the annual report. We would like to now give special thanks to Taraka das at Gita Nagari and Veda Guhya das & Janaki devi dasi for their generous and enthusiastic support which has enabled these educational efforts to begin.

The 40 acre land project in Sandy Ridge, North Carolina, is situated in a little valley where each morning and evening there is a fog-like mist which shrouds the land. It is in the cool of this mist that the oxen do most of their work in clearing and preparing a land that has not been utilized in 20 years.

Before we began work we built a 14 foot by 28 foot shed, two thirds of which was housing for Vraja and Gita and the other third for equipment and storage. A truck load of gravel was laid at the beginning of the fields so the ISCOWP bus could be parked without fear of becoming stuck in the sand. It is in the bus that the ISCOWP staff lives while developing this land project.

The first step was to prepare the soil, which is a sandy loam type, with the disk harrow. You can see this being done in the top picture. Golden rod, milk weed, honeysuckle, and an assortment of other grasses and weeds were turned under and incorporated into the soil by disking.

Next we spent about 2 days pulling up roots by hand, some of which were very large. The next step was planting. In the top picture you can see Paundarika das and Rishi Kumar das raking the field smooth and planting bush beans, okra, peas, popcorn and mung beans. Altogether there was approximately 1/5 of an acre planted.

After the first field was prepared and planted, a second area of approximately the same size was started. Besides using the disk harrow we used an ox powered cultivating implement that has 4 prongs on it, and it proved to be beneficial in ripping through underground root systems. We are continuing to prepare the second field for the planting of a fall crop.
Gita Nagari has 5 acres for organic gardening. Some of the goals that ISCWP has for Gita Nagari include revitalize organic garden for marketing and feeding the local residents and training more oxen to perform the tasks of preparing the garden and fields. In this picture you see Buck and Lu disking the garden area. Since this land has been worked in recent years disking was all that was needed to prepare the garden for planting two types of bush beans, spinach, lima beans, beets, and peas. That’s Suresvara das on the disk getting some hands-on experience with ox power.

Informal seminars are an excellent way to distribute the knowledge of ox power. In this picture you see student Helen Wells on her own with Vraja and Gita. She has just hauled some logs to the far side of the field and is bringing “the boys” back to haul some more.

An English professor at a community college in Atlanta, Georgia, and a student of martial arts, Helen was interested in the discipline involved in training and working with oxen. For a long time, she wanted to become a teamster. Through a friend she learned of us and came to stay at our Efland center in North Carolina for 4 days. In that time she learned quickly the basic concepts of working with oxen.

Seminars

ISCWP is acting as advisory to Gita Nagari farm’s agricultural program at Port Royal, Pennsylvania. In the picture you see William Dove (Balabhadra das) with Brajendranandana das and Taraka das after an ox power demonstration with Buck and Lu, the working team at Gita Nagari.

Hands-on and philosophical seminars were held here for the Adopt A Cow staff, agricultural staff, and others who were interested in learning the “how to” and/or the philosophical reasoning behind self-sufficient ox powered farming.
Grains Produced by Ox Power

In our fall issue of the ISCOWP News we reported the planting of wheat and rye with our two oxen Vrana and Gita and a three row grain drill. During the month of June we harvested the wheat and began threshing and winnowing. In this picture you can see some of the 1 1/2 acres planted in wheat and rye. The taller and majority of the grain is the rye; the smaller grain to the left is the wheat. Now, at the time of this writing the rye is being cut with a sickle bar mower pulled by the oxen.

By hitting the wheat against boards the seeds separate from the chaffs and settle to the bottom. Then it is all put through a winnowing machine driven by hand. We just fixed some of the screens on the winnow machine and now it is in good working order.

Threshing by hand the grains destined for human consumption is in the process of being refined. The grains destined for animal consumption will be threshed by the oxen. While working, the oxen drop their dung which mixes with the grain, therefore we prefer to thresh by hand the grains for our consumption. Advaita Acharya Dasa, a member of ISCOWP who lived in India as a young boy, remembers how during threshing there was always someone behind the oxen to collect the dung before it fell to the ground.
The Sacred Cow

Mother Cow saved from the slaughterhouse by ISKCON temple in Potomac, Maryland.

The Giri family, Damayanti and Anuttama das

The Giri family and Girishbhai Patel saved Damayanti, the gentle cow pictured above from the slaughterhouse. Members of ISKCON temple in Potomac, Maryland, they had heard of a campaign begun by ISCOWP member Anuttama das to save a mother cow from slaughter. Unable to produce enough milk to satisfy her owners she was about to be sent to the butcher's knife.

Damayanti was named in honor of Mrs. Damayanti Giri who has never forgotten the sacredness of the cow imparted to her as a youth in Gujarati, India. When the Giri family arrived at the dairy to take Damayanti to her new home at the ISKCON temple, tears of joy and sympathy were shed in her honor. Memories of the kind, gentle family cow in India came to mind and the entire family was thankful to be able to save at least one cow from slaughter.

Cow puja is performed every Sunday feast program to the gentle cow Damayanti at the ISKCON temple in Potomac Maryland
Other members of the ISKCON temple contributed to providing a nice home for Damayanti on the 10 acre Potomac property. A new fence, shed and feed for her were provided. Damayanti has brought a new dimension to the devotional atmosphere at the temple. Often she is visited and when it is time to milk there is always a gathering, and since she is such a gentle creature several people will take turns in milking. In this way the sanctity of Hindu village life is remembered.

Actually, India is primarily a land of villages. According to the 1991 edition of Lands & People by Grolier, 500,000 villages dot the countryside, and about 80% of India’s population lives in them. Typically these villages have fewer than a 1000 people who live in a cluster of houses, surrounded by farms and grazing areas.

Since about 70% per cent of India’s people earn a living from farming, most Indians understand the importance of the cow and bull to their spiritual and material survival.

In villages the work animal is the bullock, (neutered bull) which pulls the plows and carts. The bullock cart is the chief form of transportation in much of rural India, but they are also seen on major highways, and an estimated three million plod along city streets. According to a 1988 report by the Road Research Institute in New Delhi, India has an estimated 13 million bullock carts drawn by about 26 million bullocks. Each year, animal-drawn carts move 14.4 million ton-miles of freight. A ton-mile refers to a ton of freight moved one mile. Without bullock carts, India would have had to import an additional six million tons of fuel each year.

Within the villages, goods and services that are not available locally are obtained from nearby villages at weekly outdoor markets, in towns and cities, and at fairs, usually held in connection with religious holidays. Payment for goods and services provided within the village may be either in cash or kind. The latter type of payment usually a portion of grain , ghee (clarified butter), etc.

At the center of this village economy are the gifts of the invaluable cow: milk, from which butter, ghee and yogurt can be made; and the bull calf who becomes the inexpensive tractor. Another important gift of the cow is its dung that is completely antiseptic and is used for cleaning, fuel and fertilizer. In India cow dung is the most widely used fuel for cooking.

The cow and bull are an intrinsic part of India’s lifestyle. Therefore it is understandable that to kill and eat them results in a terrifying disturbance to the lives of millions of India’s peoples.

Underlying the practical importance of the cow and bull in Hindu society, is the spiritual understanding that all creatures have a soul and are created by God. All creatures are our brothers and should not be destroyed, especially eaten. Therefore the killing of the cow is considered the most heinous act.

"The humble sage by virtue of true knowledge, sees with equal vision a learned and gentle brahmana, a cow, an elephant, a dog and a dog eater (outcast)." Bhagavad-gita As It Is, 5.18.

"The very name of cow is aghnya (not to be killed), indicating that they should never be slaughtered. Who, then could slay them? Surely, one who kills a cow or bull commits a heinous crime." Mahabharata, Shantiparva 262.47

Now that so many of India’s people have established themselves in America as professionals of all occupations, the precious understanding of the cow as a special being deserving of great appreciation can be given to the American public. Already there are animal rights groups, and vegetarian groups that realize the importance of the cow and other animals in our lives, but no group of people have been given such a deeply humane experience with such a benevolent creature as the cow. Surely, all Hindus will endeavor to help protect the cow not only in their mother country where the western influence of meat eating and industrialized, petroleum powered mechanization is invading (see letter from Laxmi Narain Modi, page 4), but also in their adopted country of America, where eating the cow is a way of life.
"A booth touting "cow protection" shared space with lime fizz stands, while weathered Spanish storytellers competed with a pre-teen drum corps for attention on the mall yesterday," stated the Washington Times. This was the first sentence in their article describing July 4 events in Washington.

2000 pieces of cow protection literature were distributed to those who wanted to know more about cow protection. The literature consisted of two pamphlets: "A Million Reasons You Should Protect Cows" and "What is Cow Protection" written and illustrated by Madhava Priya dasi.

Our special thanks to Scott From (Shastra das) and Krsna Bhakta das who donated the expense money to travel to Washington D.C. Tom Morrison (Anuttama das) arranged for us to come and we are very grateful for the experience.

This picture shows William (Balabhadrata das) taking Vraja and Gita on an early morning walk during the July 4 weekend. In the background you can see the capitol building. Our booth was very near this location.

During our stay on the mall we talked to reporters from the Washington Times and the Washington Post. Most people were a bit surprised to find us there and wanted to know what was cow protection.

Vraja and Gita enjoyed all the attention and spent very little time sitting down although it was a very hot, humid weekend. They caroused around the edges of their fenced in area to meet the crowd, lick their hands and allow themselves to be petted. It appeared that most of the crowd were meat eaters and were very vocal about it. Our large "Stop the Murder" sign pushed some buttons.

However, the question in the end was always inquiring as to what is cow protection and for that question we were prepared with literature and facts. Education broadens the mind’s horizons and it is to this end we are focusing much of our efforts.
In Jagannatha Puri, India the deity forms of Lord Krsna—Lord Jagannatha, Subhadra, and Balaram are given a gigantic festival called Rathayatra. This festival, celebrated in India for hundreds of years, is also celebrated in America. In Washington D.C. at the Independence parade of July 4, the Rathayatra cart won first prize for the most colorful float in the parade.

Rathayatra means festival of the chariots. On these chariots the deity forms are placed. The picture above shows the deity form of Subhadra who is Krsna’s sister. If you look closely you will see that Lady Subhadra is wearing an ISCWOP membership button. It reads, “I Love Cows.”

Krsna is a great lover of cows and one of his names is Govinda which means pleaser of the senses and protector of the cows. We were very happy to see the deities wearing their membership buttons and we thank Yadunandana dasi for bringing them to Washington D.C.

"Over the last several decades, millions of acres of rain forests a year were cleared for cattle in Central America," said Dr. Allen Hammond of the World Resource Institute in Washington.


**Whole Wheat Bread**

Makes 4 loaves
Takes 3 1/2 to 4 hours
Preparation time 2 to 3 hours
Bake at 350 degrees for 30 to 40 minutes

**Ingredients**

- 6 full cups warm water (hotter than lukewarm water)
- 1 cup brown sugar
- 2 Tablespoons salt
- 1/2 cup vegetable or olive oil
- 4 cups whole wheat flour
- 10 cups white flour
- 2 tablespoons double acting yeast

Mix the brown sugar, salt, yeast, oil and water. Mix it gently but mix it well.

Mix the whole wheat and white flour in a separate bowl then add the flours to the liquids.

Knead the dough till smooth and dough doesn’t stick to hands. Knead no more than 5 minutes, even that is a lot.

Let rise until double 1-1 1/2 hours or until double its original size. Dump all the dough onto a floured surface and knead for 1 minute. Then divide it into 4 equal amounts.

When you are kneading, knead them into a shape of a loaf. Then put them in their oiled loaf pans. Put the pans high and where there are no drafts or disturbance. (I have noticed that when the air conditioner is on the bread has difficulty rising). Cover with a thin dry cloth. Let the dough rise double or rise over the lips of the loaf pans.

Gently put them into the oven which has been preheated for ten minutes at 350 degrees.

Bake at 350 degrees, for about 30 to 40 minutes. They will be golden brown when ready.
The International Society for Cow Protection

The International Society for Cow Protection (ISCOWP) is primarily concerned with presenting alternatives to present agricultural practices that support and depend upon the meat industry and industrialized, petroleum powered machinery.

Our Goals:
1. To provide natural alternative energy by training bull calves as working teams of oxen.
2. To utilize ISCOWP’s alternative agricultural practices as hands-on experience in living classroom settings.
3. To demonstrate the usefulness of the natural by-products of the cow by encouraging the production of methane biogas from cow manure as a valuable alternative energy source.
4. To present the benefits of a lacto-vegetarian diet through educational literature, nutritional cooking classes, organic gardening instruction, and the production of cruelty-free dairy products from lifetime protected cows.
5. To exhibit a sound ecological relationship between man, cow, and the land by establishing small family farms modeled after the historic Vedic example of agrarian harmony based on lifetime cow protection.
6. To educate society about the practical benefits of lifetime cow protection by distribution of the quarterly ISCOWP NEWS, related books, literature, and educational videos.
7. To convince society of the living entity within the cow by direct contact with the oxen through our Cow Protection Outreach Program.

ISCOWP was incorporated in March, 1990 as a non profit organization. William and Irene Dove (Balabhadra das & 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. It is through their spiritual master’s teachings they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

The tenets of cow protection and ox power are universal and nonsectarian, available to all regardless of race, creed, or nationality. All donations are tax deductible. ISCOWP’s tax# is 23-2604082. For more information: ISCOWP, RD 1, NBU #28, Moundsville, WV, 26041, USA, TEL: 304-843-1270, FAX: (call first) 304-845-5742, e-mail: iscowp@ovnet.com, iscowp@com.bbt.se

THE ISCOWP NEWS

The International Society for Cow Protection
Rd 1 NBU #28
Moundsville, W.V. 26041, U.S.A.
Tel # 304-843-1270

FORWARD AND ADDRESS CORRECTION

Saved From the Slaughterhouse