There are three full time workers at the Seed to Sustenance land project in Sandy Ridge, North Carolina, U.S.A.. Two oxen (Vraja and Gita) and a pair of one month old bull calves are the present and potential power system. Balabhadra das and son live in the ISCOWP traveling bus which is a converted school bus. There is no electricity.

The 40 acre project which is surrounded by streams has not been worked in over 20 years. Our idea was to do everything by ox power to set an example of ox powered agriculture.

By ox power we have opened up 7 acres. The picture below shows Vraja and Gita pulling a sickle bar mower with Balabhadra as the teamster and son Baladev sitting on the driving seat adjusting the height of the blades which cut down bramble bushes, prickers and just about anything except trees. Vraja and Gita now have an increase of five acres in which to graze.

The top picture shows a section of the garden where spinach, sweet peas, beets, sweet corn, upland rice, okra, blue lake bush beans, yellow crook neck squash, watermelon, coriander, sweet potato, cucumber, and zucchini are flourishing. The oats, planted in April with a three row grain drill and the oxen, are on the far left.

At present we have a hand pump in operation that draws the water from the streams into the fields by tubes and hoses.

This issue is mostly concerned with presenting an overview of the progress made so far at the Seed to Sustenance land project.
LETTERS

New Members Here & Abroad

Thank you for sending your newsletter! It is both educational and so very crucial to the American society. The word must be spread, that without the protection of the cow, the society cannot survive peacefully. Please enroll me as a member for 1994.

Hopefully, in due time, this meat-eating society will, through education change its habits. Everyday I make efforts to encourage and promote vegetarianism, sometimes discreetly and sometimes outright, to-the-point discussions. I am in the health care profession, and it is easy for me to instill the importance of vegetarianism because I deal with ill people on a daily basis. Sickly people are ready and willing to listen. Now its time to capture the ears of healthy, conscious people, to help spread the important news that ISOWCP has to share. Here's to a happy and healthy society!

Christine St. Onge
Albany, N.Y.

Please enroll me as a ISOWCP member for one year. Here in Holland we have the plan to establish a farm based on your goals. So all the information you can give us will be a great help.

Bhaktin Patricia Walsh
Bussum, Holland

I am in receipt of a copy of your quarterly newsletter and am keenly interested in knowing more about the organization.

In India, we are having a similar organization i.e. Indian Cow Protection and Improvement Council. Our further activities are towards banning of cow slaughter for beef and popularizing the vegetarian diet.

I shall be highly thankful to you, if you kindly arrange to send your newsletter regularly to us and let us know what kinds of assistance and advice might be available from you, towards protection and improvement of cows.

P.D. Jhunjhunwala

Bihar, India

ISCOWP REPLIES:

It is very good to hear of your organization in India, Indian Cow Protection and Improvement Council. As Kali Yuga (the age of quarrel and confusion) progresses your country is experiencing the encroachment of western materialistic values. Thus meat eating, the organized killing of Mother Cow and Father Bull and the use of tractor instead of bullock are practices which are becoming more prevalent. Organizations like yours are the representatives and defenders of the centuries old Vedic, religious values of India.

Our spiritual master, Srila Prabhupada taught us of the Vedic values of which cow protection is an integral part. We had been raised in meat eating families with no idea of another way of life. So, when we see these Vedic values disregarded in their mother country we are greatly saddened. Therefore your work is highly appreciated.

At present we are a small organization with limited resources. However we can connect you with some associates of ours in your country who are fighting the same issues as you.

We now have an ISOWCP branch in Secunderabad, India. The address is ISKCON c/o Sahadeva Dasa, 27 St. John’s Road, Secunderabad, A.P. 500 026 India. - Ph. # (040) 825232, Fax (040) 814021. A copy of a letter from them explaining their program follows after this letter.

Another person involved in a similar organization is Mr. Laxmi Narain Modi, Managing Trustee of Bharita Cattle Association in New Delhi, India. His address is 305 Bakshi House, 40-41 Nehru Place, New Delhi 110 019 India, Tel: 643-5566, 644 5455, Fax: 646 4000

We will now be sending you our quarterly newsletter regularly and we pray in the future we can be of help to you. Please contact us if you have any further questions and please keep us in touch with your progress.

To translate into action one of Srila Prabhupada’s instructions on revival of Krsna consciousness (Vedic) culture we have conceived a program which embraces cow protection under the banner International Society for Cow Protection (ISCOWP) which will be under the auspices of ISKCON.

The state government here has sanctioned and opened a mechanized slaughterhouse named Al-Kabir to promote large scale export of beef and other kinds of meats. This has raised considerable protests from religious as well as political circles causing to get the men in the corridors of power to their getters.

ISCOWP can rise to the occasion by spearheading the agitation and actually utilize the immense potential to preach and popularize our Krsna consciousness movement among top ranks of politicians which was one of Srila Prabhupada’s yet to be realized dreams. It is very gladdening for us to have the son of the Prime Minister of India, Dr. P. V. Ranga Rao (who has a very deep sense of sympathy and studied our philosophy and culture) a leading minister in the state cabinet, backing us. We are receiving a lot of encouraging response from powerful citizens many of whom are our active congregational members.

So we request you to please send us relevant literature on cow protection as you are an authority in this field. We also wish that you be chairperson of the steering committee we are trying to form.

Hope this letter finds you in good health and high in Gaura-purnima spirit. Expecting your reply at the earliest.

Sahadeva Dasa
Temple, President
Secunderbad, India

ISCOWP REPLIES:

Yes, Srila Prabhupada has given us the ancient Vedic knowledge of cow protection which is very timely today. Although slaughtering of the cow persists there are still many people who believe the cow should be protected. Your proposal is a very progressive stance and it is just the kind of activity ISOWCP involves itself.

Our recommendation is that you get in touch with Mr. Modi, Managing Trustee of the Bharitya Cattle Resource Foundation, who has dedicated
himself to the protection of cows in India. Ask him to send you the first issue of his newsletter that is full of facts and figures representing the usefulness of the cow and bull in India. We will also notify him of you and your branch of ISCOWP. We have been corresponding for some time now with Mr. Modi (you may read some of this correspondence in the ISCOWP newsletters enclosed).

We are sending you some facts and figures covering some environmental, ecological, humanitarian reasons for cow protection contained in the book "Beyond Beef." You may however find Mr. Modi's information very appropriate for your fight against the opening of the large scale mechanized slaughterhouse since it is specifically directed at the ecological, environmental and humane interests in India.

Is anyone there a member of LINK or Com ISKCON computer bulletin boards? ISCOWP is a member and we are able to communicate with areas like Belarus in the former Soviet Union. This way we could keep in close contact.

We will be sending our newsletter which comes out quarterly. We feel this may be helpful for your fight to protect the cows. If you need our help or advice at any time please contact us.

I have received your 'ISCOWP NEWS' and enclose herewith a donation. I have come to live in this country from Vancouver, Canada and when I see the open cow slaughterhouse on the roadside everyday, it hurts so much that I hope I can do something to stop it all one day.

Please keep up the good work you all are doing that will help convince people in other countries to protect the mother cow.

Jaya Raja (Rajarshi d.)
Kampala, Uganda

Let me introduce myself: I am a disciple of Srila Indradyumna Swami. I render service in a farming department in New Santipur, Poland. My everyday service is taking care of oxen. I try to engage them in different works. We used to work with old, regenerated German machines. I've been trying to find new, better realizations, which I could adopt to the machines used on our farm. I have heard many words of praise about those which have been used in Gita-nagari. In this regard, I have a request. I am very concerned with the working drawings of some of these machines (or photographs of different sights, exposing the mechanism) especially: rotating plows (one-end, two-ridge plows), potato lifter and other vegetable lifters.

I would also like to ask you for help in finding some senior devotee's lectures, telling about the necessity of cow and bull protection, as well as maintaining and developing farm communities, their importance.

Please give me your advice and instructions, how I can prepare to start a cow protection program, addressed to a larger group of people.

Santosa Dasa
Pisarowice, Poland

ISCOWP REPLIES:

Regarding the ox drawn equipment at Gita Nagari, there are several different types of plows that we used. Early on we used a plow which had two different sets of plow shares. One set was always in a raised position and the other set was in the ground. When we would change direction in the field the two sets of plow shares were changed. This type of plow was quite common in hilly areas and not so much used in flat land cultivation. We then used almost exclusively an OLIVER two bottom plow that had a "trip" type mechanism for raising and lowering the plow shares. There is a rope attached to a lever that when pulled would trip the lever which immediately lowered the plow shares into the ground.

When we reached the end of the furrow the rope was again pulled which once again activated the lever on the plow which now lifted the plow shares out of the ground. It was quite convenient as the oxen could keep their stride and the plow would come right out of the ground.

I will be going to Gita Nagari tomorrow and will take some photos of different types of equipment for you. Regarding manuals for different types of equipment. There is a periodical here in the States that comes out 4 times a year. The name is SMALL FARMER'S JOURNAL and it deals basically with small scale farming using horses, oxen, or mules. They have available a number of manuals for such things as sickle bar mowers, potato diggers, corn planters, etc., etc. Enclosed please find a copy of a page from one of their magazines showing a listing of different manuals. Also enclosed please find an order blank for their magazine. I would suggest you take out a subscription. They have people all over the world subscribing and there is a tremendous amount of usable information presented that we can practically apply to our working with the oxen.

You may want to contact this organization and ask them to send you one of their catalogs entitled: Tools for Agriculture, A buyer's Guide to Low Cost Agricultural Implements, compiled by John Boyd. The address is: Intermediate Technology Publications Ltd., 9 King street, London, England WC2E 8HN.

This address has been taken from an old catalog. If it has changed and you can't get in touch with them let me know.

Enclosed please find copies of the old ISKCON Farm Newsletter which was put out by Parmananda das many years ago at Gita Nagari. There are many interesting Krsna conscious articles in them which I'm sure you will like. I have much more which I will have to send when I return from Gita Nagari. That time I will also look for some tapes for you concerning cow protection et al.

I must sign off now as it is late and tomorrow I will be driving for 8 to 10 hours. Is anyone in your community on the LINK/COM computer bulletin board? We have a cow conference and also take part in the varnasrama conference. In these conferences (specifically the cow conference) you will find much valuable information presenting the necessity of cow and bull protection, as well as maintaining and developing farm communities. Also I could correspond must quicker via the bulletin board.

Working Together

I am honored, inspired, and grate
ful to be a recipient of your important newsletters and to know about your work.

Man, do I admire you! You are doing a good thing! I am enclosing a forage article for your files. Thanks so much for sending me your newsletter, despite KUSA’s poverty status (temporarily, let’s hope!).

Enclosed are some brochures written by yours truly. They are free from Arrowhead Mills to health-food retailers upon request. Any requests for these brochures which you can stimulate from retailers or other parties, would help me and KUSA. If you need more brochures, please let me know. Maybe more grains and less meat will be eaten thru this tree-body paper sacrifice.

Good blessings to your work. Mine continues to move forward, unfunded but running on persistance. Enclosed photo just received by KUSA from Achim Bappler, Almvik, Sweden. He writes; “Here I am working with oxen on our fields. We have also tractors but me personally preferring oxen because the soil doesn’t get pressed as much and other advantages.”

I have ISCOWP in KUSA’s slide show and have put the ISCOWP calendar and your color photo with oxen in binder for a table-top exhibit in San Diego in a few days. Our work requires enormous reserves of positiveness due to cultural emphases on $.

I am researching humanities earlier relationship with bovine families. Your information is much appreciated. I wish I had your first hand experience because you are developing (I am sure) an understanding of the spirit of oxen. It’s a deep thing and your work is deep, for sure. It’s not clear whether we’ll get the funding to succeed but we must try, you and I.

Lorenz Schaller
KUSA Foundation
Ojai, CA

ISCOWP NOTES:
The KUSA Research Foundation is a sustainable agricultural organization founded in 1980. It offers research on edible seedcrops and sacred grasses.” It is the sponsor of the KUSA Society, an international membership group for seedcrop information and the publisher of “The Cerealist,” a newsmagazine for and about edible seedcrops. For information send $1 and a long addressed stamped envelope to KUSA, P.O. Box 761, Ojai, California 93024

Beginning a Self-sufficient Community

Please let me introduce myself. My name is Dorian Kunch. I live in San Diego with Dravida das and regularly attend the Radha-Giridhari temple here. I am also a civil engineer and met Padasevanam das when he visited here a few months ago. Both Harikesa Swami and Padasevanam das are very interested in engaging me in service at the Mayapur, India project. Part of that project will include cow protection, and so I was hoping you could answer a few questions for me.

My main interest is the plan to make Mayapur a self-sustaining agricultural community. There is a limited amount of land, and I need to factor pasture land into the agricultural portion of the site in order to calculate the maximum number of inhabitants. About 250 acres of “residential” land have been allotted on the site plan supplied to me, and from that will be subdivided land for housing, agricultural fields and pastures. Assuming a self-sustaining community, how many people can 250 acres support? How many cows per acre per person is standard for a devotee community?

Bhakta Dorian Kunch
San Diego, CA

ISCOWP REPLIES:
Thank you for your communication on LINK. You say you have been given a parcel of 250 acres and you need to figure out how many people, cows, oxen, residential, agricultural and pasture this land will translate into.

There are so many factors to take into consideration: 1) how much of this land is suitable for agriculture, 2) how many cows and oxen do you plan to have in 10, 15, 20 years. This is a very important question. Srita Prabhupada spoke of an acre of land and a cow for a householder family. This is alright in a very tropical setting but here in the states, such as New York or Pennsylvan, we figured about 3 acres of land per cow because of the severe winter season where there is 5 or 6 months and nothing grows. In this respect you have to figure into your Mayapur calculation the monsoon season.

Because we don’t kill any of the cows, bulls and oxen your breeding program must be extremely well thought out. I believe Abhirama Prabhu has done an in-depth study on this subject. Contact him about this.

3) What type of fuel are you going to use for cooking? This is a big problem in India as wood and dried cow dung are in short supply. If you are going to use wood for cooking, where is your wood coming from? Do you have acreage of woodlots and a comprehensive woodlot management program? Also burning dried cow manure reduces your cow manure to a small pile of ashes. By burning the dry cow manure you are robbing your FERTILIZER SUPPLY.

A couple of suggestions in this regard. Instead of drying the cow manure it can be put into a methane digester which will capture the methane gas released from the raw manure during its decomposition. So your first product is gas for cooking and lights. After the gas has been realized from the manure there is a substance left which is called “sludge.” This “sludge” has been analyzed to be even more nutritious as a fertilizer than the raw cow manure. Why? Because it has gone through a decomposition period and has been “worked over” by different bacteria and enzymes and now is ready to go directly into the soil as a first class fertilizer. It is extremely important for soil to have organic matter added to it for a number of reasons. Digester sludge is first class.

Another suggestion which can be used along with the “Biogas” methane digester is planting trees for your own wood supply. Many years ago there was a devotee in Mayapur by the name of Kanva who was responsible for all the gardens. He is a “green thumb” and a very progressive thinker. He was researching a type of tree which grows very fast and also its
Saved From the Slaughterhouse

by Mahasrnga das & Radha Kanta devi dasi

After getting married in the fall of 1990, my wife, Radha Kanta, and I had travelled around the world trying to find our "niche" in Krsna consciousness. We strongly desired to live in a rural community, aiming towards varnasramas per Srila Prabhupada's final instructions. After visiting North Carolina on several occasions in 1993, we were inspired to purchase a piece of land in Sandy Ridge, where ISCOWP has their "Seed to Sustenance" project. Whilst in the process of clearing our land, we befriended Balabhadrı who was helpful in offering advice and practical suggestions. In fact, our land was also blessed by the oxen, Vraja and Gita, who graded and levelled our hillside to plant grass in order to prevent soil erosion in the winter months.

At the time I was working for an art company and travelled four to five weeks at a time. We had been living in Detroit and were both anxious to move out of the city. We could not afford to build, so we decided to purchase a small second-hand trailer, and then maybe in the future build some and his conviction towards cow protection and working the oxen had a very real affect on my goals and direction in life. I was convinced! Now I desired to become a teamster and to perhaps have my own team of oxen some day in the future.

Although we had been supporting ISCOWP with small donations over the last year, we decided to work more closely with Balabhadrı to acquire first-hand experience, both in matters of gardening and working as teamsters. During my brief time at home, I would work with Vraja and Gita on the Seed to Sustenance project, under the expert guidance of Balabhadrı. The more we worked on the land, the more we became attracted to the lifestyle of yester-year, using Krsna's green tractor. How peaceful it was to work outside side-by-side with the oxen, without noisy tractors and air pollution. Then when I went on the road the fire of enthusiasm would remain kindled by reading the ISCOWP articles on LINK.

Eventually we decided to have a team ourselves, that we could train from the start. This option was easier for Radha Kanta, who was a little intimidated by Vraja and Gita's 2000 pound bodies and large horns. Balabhadrı said that Radha Kanta would see the calves as her children and the calves would see her as their mother. Then she would grow-up with the calves, training them every day, and eventually work with them in the fields.

So we contacted local dairy farms and found one who had ten calves for sale. We visited the dairy with Balabhadrı who chose a team of well-matched Holsteins for us. We discovered that dairy farmers usually only sell the bull calves and not the heifers. The heifers are more valuable to them for exploitation purposes of breeding, milk and then eventual slaughter for meat. Bull calves are normally sold either for veal or to be raised as beef cattle. It is very sad.

When we visited the dairy, we found the baby calves to be starved of affection and suffering in separation from their mothers. Most of the bull calves were about a month old and happily suckled on our fingers. It seems that it is standard practice for the calves to be separated from their mother at birth, fed colostrum via bottle for three days and then put on some kind of milk replacer powder. The calves never go outside in the sun, they are tethered in their stall and cannot even turn their heads to lick themselves. They are fed bottles twice a day, but not personally. The bottles are left on a wire rack. You can imagine how heart-rending this is. When we went to pick the calves up

Continued on page 10
Seed to Sustenance
Sandy Ridge, North Carolina

At the top of the hill that was going to be Mahasrnga’s and Radha Kanta’s house site, we have spread lime and disked it into the soil. The plan is to plant grass seed, but we will wait for the fall showers. Every job undertaken has several benefits for the training teamster: an opportunity to understand the application of different implements, an opportunity to refine their ox teamster’s field techniques, more time working with the oxen and more teamster training time.

We have opened up a number of areas. Often we can use the sickle bar mower and the oxen but where there are a number of large trees which we don’t want to cut down we must use a scythe. These areas will provide shade for the cows and picnic spots on hot, humid summer days. In this picture you see Mahasrnga clearing around a pine oak tree. Already in the middle of June the underbrush is 6 feet tall - consisting of milk weed, wild berries, and now morning glory vines growing at a fast rate and entangling everything.

Many of the residents at Sandy Ridge are now in their second year of residency and are putting in very nice garden plots. This area that we are plowing now is approximately 1/3 of an acre. The soil is deep, but unfortunately because there were many pine trees in the area prior to it being cleared, the soil is on the acid side. Cow manure, compost, lime and crop rotation will need to be added to amend the soil to the proper pH for vegetable production. Here we are starting to make the first furrow on the new garden spot.
In the foreground we are experimenting with the grain amaranth. In the background, to the right, we have a small plot of upland rice which is doing very nicely. To the left grows yellow crook neck squash, blue lake bush beans, and in-between the beans and corn (on the far left) are 3 rows of okra that are barely visible in this picture. As of this writing (mid-June) the sweet corn is chest high and looking promising. The main pest problem we are experiencing are squash bugs. They are the size of a thumbnail and we are picking them off and planting radishes around the squash as they don't like the smell of radish. In a few days we will start to harvest the bush beans.

Actually, this picture shows the preparation of the garden site which we were just describing above. This is a first year garden spot approximately 1/3 of an acre and took about a week to prepare with the oxen. So now we have opened up 4 garden areas with oxen and hand tools. Here we have Mahasrnga das training as teamster and Asto das (Alexander Petroff, son of Hare Krsna dasi who is the farm columnist for the BTG magazine) experiencing directing the cultivator which rips up roots. This is an example of hands-on training where experience and practical work are acquired.

Oats, the first grain planted at the Sandy Ridge, N.C. land project were planted in the first week of April. The land where we planted the oats was last year's garden site. Practically all the members of the community were on hand to participate in planting the oats with the oxen and the three row grain drill. Men, women and children took turns and a festive time was had by all. The three row grain drill for this size of planting is ideal as it lays down 3 rows at a time. Since then we have recently purchased an eight row grain drill which needs some repair work. We hope to use it for the fall planting of winter wheat and rye cover crops.
Log House Construction

by Uddhava das & Arci devi dasi

Once having bought our land, it was time to decide what kind of house we were going to build. We thought about yurts, adobe houses, stone houses, tire, plastic and straw houses. Some we ruled out mostly due to our fear of not passing the local building codes (we already have to face a battle because we are not installing electrical pole construction, spiking solid timbers together with wooden dowels. Weighing the pros and cons of the different techniques, we decided on using a type of timber frame construction called short log construction or "piece on piece."

We appreciated two elements of this type of construction over the others.

Once having bought our land, it was time to decide what kind of house we were going to build. We thought about yurts, adobe houses, stone houses, tire, plastic and straw houses. Some we ruled out mostly due to our fear of not passing the local building codes (we already have to face a battle because we are not installing electrical wiring). Others we ruled out due to climate, lack of local resources and/or the money to import resources from elsewhere.

Our Spiritual master, Srila Prabhupada instructed his disciples to live in the lap of Nature and depend upon Krsna (God). Following these instructions we purchased our land at Sandy Ridge, North Carolina with the purpose of becoming self-sufficient. Since one of the basic tenets of self-sufficiency is to use what the land is providing, we thought we should use the pine trees which grew on our land for the construction of our house.

We read a myriad of books promoting various techniques and styles: slabbing the trees and building a regular stick frame construction, vertical One is that you are dealing with "short" logs most not longer than 8', hence they are relatively manageable (however, some still weigh 300 or 400 pounds). The other is that you can cut a small usable section of log from a tree you would have had to reject due to curves, damage, or rot using a different construction technique. So, you can utilize the timber more efficiently.

Basically, short log construction consists of erecting posts, which have been grooved down two sides, at a maximum span of 8'. Slipped between these posts are horizontal infill logs, grooved vertically on the ends to accept a spline inserted in the groove of the post. The logs are stacked upon each other until the wall section is complete.

Everything you need to know about short log construction is in a book called, "The Short Log and Timber Building Book" by James Mitchell. After reading this book we were convinced this was for us.

For 3 days in October of last year we had the pines taken down with the aid of a bulldozer while two men topped and cut the rootballs off and cut the trees into 8' or 12' logs. Then they were stacked for a winter's drying. During which time we read more and came up with a design for our house: two stories 24' by 36' with a cathedral ceiling over the first 12', the first floor constructed of logs and the second story a stick frame.

Even at this point we were still faced with many choices. We could leave the infill logs whole and chink between them, scribe the logs, cut V grooves, or cut them flat on 2, 3 or 4 sides. Chinking would require periodic maintenance in the future. Scribing the logs seemed way too laborious and the V-groove didn't hold much advantage over cutting them flat. So we decided to flatten the infill logs top and bottom leaving the sides (inside and outside) round.

In May, using a portable band saw, we started milling the logs. We are using the Rip Saw from Better Built Corporation, 845 Woburn St., Wilmington, MA, 01887. The mill and extra blades needed to mill almost 300 logs cost $2000. It works well, is "easy" to use and gives a surprisingly good, smooth cut. However, this method is labor intensive, taking 2 people over a month to mill the 270 logs needed for the bottom floor.

After all of the logs are milled, (only 50 to go at this point) they will be peeled (ideally done in the spring) and grooved. We will be using a foam gasket from Denarco Inc., 301 Industrial Dr., Contantine, MI, 49042, between the horizontal logs to stop air and water infiltration. We are hoping to be dried in by October. We'll let you know how it goes.
Water System Update

During Taraka dasa’s short visit to the Seed to Sustenance land project, he engineered the reconstruction of a Meyers pump which Balabhadrā bought at an auction for $8. The pump was taken apart and worn parts were replaced such as the rubber washers which Balabhadrā replaced by using pieces of rubber he cut out of an old tire. The production of this pump was discontinued in 1948. According to the Meyer’s advertisement, when this pump is operating properly it is capable of pumping 1200 gallons per hour. This hand pump is now in operation drawing water from the two streams that surround 65% of the Seed to Sustenance 40 acre land project. It is used to pump water into 55 gallon drums. Hoses are hooked to the drums with a hose bib and in this way the fields and gardens are watered.

Although this is a temporary arrangement, the goal still being to draw the water from the river into the fields by ox power, we are very thankful to be able to tap the stream water since this spring and early summer we have had very little rainfall. Everyone is waiting to see if we are going to have a draught. In the local metropolis of Greensboro, residents are already being restricted in their water intake. Of course in their situation they are all connected to city water and therefore they are all tapping the same water resource. City water is not available in rural areas such as ours where the common source of water is private tube wells with electric pumps. The availability of running water allows us to use a more simple pumping system which can be powered manually or with oxen.

Although there maybe plentiful rainfall, if there is an electrical (power) failure it is impossible to get water. This would be the case either living in a metropolis or in a rural setting where tube wells are used. We have had this most unfortunate experience. One quickly comes to realize that life cannot exist without water. You might say this experience has been one of the catalysts to developing a water system independent of electrical power.

With the goal in mind to generate water flow by ox power we have recently purchased a 3 piston pump which we will take apart and clean. It will be set up to be powered by a PTO (power take off) which is the equivalent of a drive shaft. The drive shaft is a link between the gear head, which the oxen walk around, and the pump. The 3 piston pump and PTO will be mounted on a sled and the gear head will be mounted on a second sled so that both can be moved by the oxen from field to field for irrigation.
leaves can be used as an animal fodder - specifically for cows. Subabul is the name of the tree. To give you an idea of its productivity; let's say one thousand acres were planted in Subabul - 20,000 tons of wood would be produced in a four year period, in addition to 650 tons of fodder per year for animals. You should also get in touch with him to get more information about his research on this matter.

Another person you should get in touch with is a devotee by the name of Vyapaka. He is from Canada and is very much involved in Permaculture.

To set up a "self-sustaining" community is a tall order and actually each piece of land in each country, state, province is different in many ways. So each "self-sustaining community" has to look at different factors such as length of growing season, type of agricultural practices being used, water supply, how much flat land, hill side and what sunlight (southern or northern exposure) they have. Is there running water, tube wells? What are your septic problems and solutions?

We are responsible for taking care of these cows, oxen and bulls for between 15 and 20 years, even when they are no longer able to work. How much land will you need for retired cows and oxen? Not only should we ask how many cows can this land support but also how many teams of oxen will it take to work this land and supply all the power to grow all your own food, the cow's and oxen's food, transport, pump water, power mills, stores, transport goods and people.

How many acres of land will you a lot for the production of grain both for human and animal consumption? In construction of your living quarters, what will be the building materials used? Will it come from the 250 acres or "off-site?"

I hope these points have been helpful to you. Please feel free to contact me at anytime with anymore questions you may have.

Saved From the Slaughterhouse

Continued from page 9

two weeks later, we discovered that one of the other calves had died and another had a large tumor on his face.

Balabhada and myself made a simple shelter; installed an electrified wire fence and made final preparations for our "boys' arrival. Then on July 16th, we gave the dairyman $230 and left with two of the prettiest young calves, who were only about four weeks old.

We named them Bhima and Manu, as we wanted simple names that you could combine with voice commands without getting tongue-tied.

We feed them with a bottle twice a day. We also give them water and grains, regularly change their hay and even clean their backsides when dirty. They are literally our baby boys and our love for them grows daily.

Now when we want to attend a festival we must arrange a "baby-sitter."

Balabhada has begun to train them and us right along-side. As he trains Bhima and Manu, he also instructs us and then we have to do our homework. Also, he is training the young children in the community here who also desire to work with oxen and simultaneously making videos of the lessons.

We are both very excited and happy and feel that we have definitely found our niche in Krsna consciousness. The calves have added a new dimension to our lives. We will train them to be productive and hope Srila Prabhupada and Lord Krsna are pleased in some small way. Now we will have two teams of oxen at the Seed to Sustenance project in Sandy Ridge. Besides Vraja and Gita there will be Bhima and Manu who will be ready for light work within a year.

We have put our house plans on hold for the time being and will grow grass on our hilltop until we develop food for the animals. Although the deed for our land may be in our name, the more we work with Mother Earth and her creatures the more we realize the real proprietor and owner is Lord Krsna.

The Junior ISCOWP News

For those who have a family membership, a four page Junior ISCOWP News is inserted in this issue. Previously we were sending you a biannual eight page Junior ISCOWP News. With the 4 page Junior ISCOWP inserted in the quarterly ISCOWP News you will be receiving the same quantity. The difference is that ISCOWP will be saving on postage and printing because we need not print more than we need to meet the bulk rate and we need not mail separately.

Recipients of the Junior ISCOWP News are members who have become family members for $21 or members who have donated $21 or more during the current fiscal year. If you are in this category and you do not wish to receive the Junior ISCOWP News, please drop us a note.

All current Junior ISCOWP memberships will be honored with an adult issue and 4 page issue of the Junior ISCOWP News. However we are phasing out the Junior ISCOWP News on this level. It seems it never really got enough financial support to be maintained.

We hope you appreciate the change in delivery and if you have received this issue without an insert that means you are not a $21 or more current donor. But you can be! Just send your donation in today. If perchance you are a current donor of $21 or above and you have not received the insert than we have made a mistake and ask you to please let us know so it can be rectified.

Apologies to the following members for omitting their names in the annual report issue (Spring 93)

Jotimaya d (Joe Terrones) .................. $ 55.00
Michael Grogan .......... $ 51.00
Chandresh Rivedi ....... $ 51.00
Dina Sharana d & Satyabhama dd (the Greenberg Family) 94 monthly pledge ........ $ 11.00
LAKSHMI'S KITCHEN

This recipe is a bit special to us. The first harvested crop from our Seed to Sustenance gardens was spinach. A member of ISCOP, Vijaya d.d. who lives near the Seed to Sustenance land project, made this spinach vegetable dish from our garden's spinach harvest. She prepared a large quantity for a holiday feast; but here we have the recipe for 5 or 6 persons. I felt this would be more suitable for most of our members. Vijaya used one 8 oz package of cream cheese instead of the 4 tablespoons of cream in the following recipe. So you can make your choice.

Creamed Spinach

PREPARATION TIME: 5 minutes
COOKING TIME: 30 minutes
YIELD: enough for 5 or 6 persons

1 teaspoon (5 ml) chopped fresh ginger
1 fresh hot green chili diced, (you can take the seeds out if you desire it to be less hot or omit altogether)
1 teaspoon (5 ml) ground coriander *
1/4 teaspoon pepper
1/2 teaspoon (2 ml) sweet paprika
1/2 teaspoon (2 ml) ground cumin *
1/2 teaspoon (2 ml) tumeric *
1 tablespoon (20 ml) ghee or oil
2 large bunches of spinach, washed, trimmed and finely chopped (each bunch weighs about

1/2 teaspoon (2 ml) garam masala *
1 teaspoon (5 ml) salt
1/2 teaspoon (2 ml) garam masala (optional) *
4 tablespoon (80 ml) cream

1. Place the ginger and chili in a food processor or blender and process with a few spoons of cold water. Add the coriander, paprika, cumin, and tumeric and blend to form a smooth paste. Scrape the paste into a bowl.

2. Heat the ghee in a large saucepan over moderate heat. When the ghee is hot, add the spice paste and chopped spinach. Fold in the spinach, combining it with the spices. Cook over full heat until the spinach reduces in volume. Reduce the heat slightly and, stirring often, cook the spinach for another 15 minutes or until it becomes soft.

3. Fold the cream: add the garam masala, and the salt. Cook for an additional 5 minutes and serve hot.

* purchased at Indian or Oriental grocery stores

Special Thanks

We would like to thank the following members who contributed to our July trip to Belarus for the purpose of establishing ox power. This trip is now taking place and a report will follow in the next newsletter.

Maintenance of Seed to Sustenance Project
Hari Nama Mission of California Inc.................. $1000.00

Belarus Trip
Bhakta Paul Swinford.................................. $1000.00
Hemalata dd (Theresa Warren).......................... $1000.00
Lorraine Dove........................................... $500.00
Maha Mantra d (David Fuller)......................... $ 200.00
Shastra d (Scott From)................................ $ 200.00
Vrajabhadhu dd (Marie Pritikel)....................... $ 200.00
Chris & Mary Bogust................................... $ 150.00
Dharma Vidyaa dd & Namastriya dd (The Grant Family).................. $ 108.00
Doug Carlton.............................................. $ 100.00
Jagadisvara dd & Dirgha dh (The Newnami Family).................. $ 100.00
Dulal Chandra d & Vijaya dd (The Pawley Family).................. $ 55.00
Rakesh Bhandari........................................ $ 50.00
Dan Duer.................................................. $ 50.00
Shikha Murray........................................... $ 50.00
Kirtana-rasa d (Kurt Mausert)......................... $ 50.00
Amala Bhakta............................................. $ 35.00
Bal Agawal................................................ $ 35.00
Kirk Cornwall............................................ $ 35.00
Christine Onge.......................................... $ 35.00
Pavamananda & Sampada dd (The McCloud Family).................. $ 35.00
Mark Watanabe.......................................... $ 35.00
Ranga Sarangan......................................... $ 35.00
Sendhhabai Patel....................................... $ 26.00
Aravindaksha d (Wydell W. Winter).................... $ 25.00
Adikarta d & Rucira dd (The Scott Family).............. $ 20.00
Bupendrada Guptaa...................................... $ 20.00
Giriraj d (The Ramos Family).......................... $ 15.00
Mary Goerk.............................................. $ 15.00
Deva Joy Guoss.......................................... $ 15.00
Wade Hatcher............................................ $ 15.00
Gayle Janzen............................................ $ 15.00
Lilavati dd (Lila Trombetta)............................ $ 15.00
Naveen Krsna d & Rasaqamy dd (The Khurana Family).................. $ 15.00
Dorothy Marsden........................................ $ 15.00
Mukunda Datta d......................................... $ 15.00
Samika Rsi d & Anartha dd (The Mahajan Family).................. $ 15.00
Marion Schuh............................................ $ 10.00
Helen Wells.............................................. $  5.00
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