THE ISCOWP NEWS

The Quarterly Newsletter of THE INTERNATIONAL SOCIETY FOR COW PROTECTION Fall 1994

ISCOWP Travels to Belarus

ISCOWP traveled to Belarus to share and spread the knowledge of ox-power with the members of the New Vrajamandala Farm and as many of their countryman as possible. We found simple living in the countryside of Belarus to be a reality not a theory, self-sufficiency a necessity and working with animals a practical energy force. Therefore, when we spoke of the benefits of ox-power there was an acceptance and understanding of its value amongst the Belarusian people. It was very refreshing to speak to people who were receptive to the establishment of ox-power as an agricultural energy. In today's so-called civilization of advanced technology and industrialization this is not the norm.

In this issue we would like to share with you our journey to Belarus with it's experiences and realizations in the hope that we can all increase our convictions of the value and benefits of ox-power as an alternative energy to the petroleum-powered tractor and similar farm machinery. In countries like Belarus where the petroleum sources are threatened, the importance of ox power becomes more obvious.

We are very much looking forward to our next visit to the C.I.S. We have been invited to hold agricultural seminars in two centers in Siberia, to visit farms in Armenia and Moscow and to revisit the New Vrajamandala farm and the Vetipks and Gomel projects in Belarus.

The top picture shows ISCOWP's hands-on seminar at the New Vrajamandala farm and the bottom picture shows Balabhadra and friends at the Vetipks center where ISCOWP held classes on the benefits of cow protection and ox power.

ISCOWP Presents the "Why" & "How" of Cow Protection

LETTERS

News From Africa

The more I read these newsletters , the more I feel that I should be there joining the crew. I am still in the process going through formalities getting things ready for returning back to America but now I can actually say that things are in the final stages for coming that way. I just had to be sure the preaching program would continue in my absence.

The boys that I had assisting me here in Jinja are now working with Rajarshi Prabhu in the big city of Kampala at a new preaching center we just started there. At present we are looking into getting some farm land on the way to Entebbe. That is where we hope to get a farm village happening where we can also implement the ox-power program. So when I return back to that side of the world I hope to go on a campaign to encourage some of our missionaries to come to Uganda for a few years to help develop projects here.

During the first month we were involved with participating in the Uganda Agricultural Showgrounds here in Jinja. It lasted for five days and not only attracted 100,000 people from around the country but also some prominent members of the society. We built two stalls for the exhibition. One for our ISKCON book exhibit and the other was for vegetarian cuisine. At our bookstall we were giving out some copies of your cow protection leaflets, "What Do They Mean by Cow Protection" and "There are a Million Reasons Why You Should Protect Cows." I think we made about 10,000 copies of these for distribution. Thousands of questions were raised about the meat eating issue that I'm sure we made our mark on most of the people that passed by our stall. It was a prime opportunity to meet some of the other farmers in the country and preach our message. I even met one man who was promoting animal traction but was more into donkey power instead of ox-power. So he was bringing up the point that in some areas of Uganda the bulls don't have as much strength and stamina that the mules have. In reply I told him that they could always hook-up more than one team of oxen to carry the load. He seemed interested in getting more information so I gave him both your address and the Tillers. Maybe next year we will have our own oxen to demonstrate real animal traction to the people.

One last request I want to make is to hold off on any correspondence from your side coming to me until I get back to the U.S.A because I may be in the process of relocating within the next couple of weeks. Thank you for keeping me informed about all of your activities. Hoping this meets you in good health and looking forward to seeing you in the near future.

Sada Ruci das
Uganda, Africa

BTG Article

I'd like to thank you for your article "A Day with the Oxen," which has come out in BTG in our July/ August issue. The article is both practical and poetic. It gives a real feel for what working with the oxen must be like. If people at all want a sane and happy society, you're showing them the best way to live.

And thank you for taking to heart, in such an exemplary way, Srila Prabhupada's instructions on simple living and high Krsna Conscious thinking. Anyone who follows your example is guaranteed to become fortunate and happy.

H.H. Jayadvaita Swami
BTG Editor in Chief

I re-read my July BTG and your article was a beautiful, well written, inspired, and convincing one that really conveys the principle of Krsna Consciousness and ox power. Really all-attractive piece about you and "the boys". Thanks.

Gopal Acarya
Independence, Vir..

Ideal Communities

I want to thank you for the Summer, 1994 issue of the ISCOWP News. I am enclosing a donation of US $500 towards the building of a barn. Although this is not a very large donation, I hope it will be helpful and encouraging to all of you. The work which you are doing is of the utmost importance. Along with spreading of the teachings of Lord Caitanya, we must establish ideal, self-sufficient varanashrama communities.

I am especially happy to read Mahasrnga Prabhu's words in the newsletter and encouraged by his good example. Please offer him and all the devotees at your project my most humble obeisances.

A special hello is also sent herewith to Prtha dasi, the daughter of Uddhava Prabhu and Arci devi dasi.

H.H. Tamal Krishna
Goswami
Hong Kong

Geeta Press

The receipt of your letter dated 12 June '94 along with your article "Bhakti vs Karma, Ox vs Tractor" is acknowledged with thanks.

The Hindi translation of your article sent by you has also been received and the same has been approved for publication without any amendment.

The Societies efforts for Cow Protection in U.S.A. deserves all praises. In case we receive the details of your activities and its response in a foreign country, we shall see whether they are inspiring for our country too.

Radheshyam Khemka
Editor "Kalyan"
Geeta Press
Varanasi, India

DEAR READER

Geeta Press, a renowned publishing house in India, is publishing a special number on cow protection. This one is the first in 10 years. These special numbers are revered by their owners for posterity. An article written by ISCOWP, with accompanying pictures, has been accepted by Geeta Press for this publication. to appear in 1995.

Public Relations

I hope that your trip to Belarus went as nicely as you had hoped. I heard from several weeks ago that it was going well. I am very glad that so many nice devotees and friends pitched in to help you go to Belarus and maintain the Seed to Sustenance Project in your absence.

Quite honestly, prabhu, I am not

sure how you and your family manage to do it all. The farm work is hard enough, but to run ISCOWP's membership program as reliably and professionally as you do is amazing. The frequent updates (with Photographs !), the newsletters, and what to speak of Sri Sri Gaur-Nitai's Cookie remnants make for a very potent pubic relations program. As someone who's had a little experience in attempting to shape public opinion, I am impressed.

I hope you might accept this measly donation for the new barn. I'd love to give more, but the brahmacari asram is not known for its opulence. My Mom sent me $100 so the least I can do is send a third of it to Vraja and Gita. Please give them both a big hug for me. Oh, and if you could send a new T-shirt my way, that would be great (a large will do)!

I was in the camera shop a couple of weeks ago. One of the employees there said she liked my ISCOWP T-shirt (with Krishna and the calf). She said she'd like to get a button with that design. Do you have one to spare? The woman is a vegetarian and she's been to our temple. If you have any introductory ISCOWP literature I could give her with the button, please send it.

Paul Swinford
Boston, MA

Implement Information

It is enlivening to hear you appreciate my questions, glad to be of service. Your feed back is also extremely helpful in beginning a practical ox powered Krsna conscious lifestyle. Knowing how busy you are in devotional service, I must again express my gratitude on receiving your continued association in this way, and I always look forward to receiving your kind and thoughtful letters.

To answer your question, I have not found any make of sickle mower other than McCormick, though I have heard the High gear model touted more than not. Knowing that most of the tools for the animal powered agriculture were designed for the faster horse and multiple hitch applications, and knowing some of the details to the draft equation, my previous questions relative to draft were simply pointed toward the problems of finding equipment that is not overly heavy for a pair of oxen. Sorry I wasn't more precise.

Details of implement selection aside, it has become clear that most of the poor performance reports are due primarily to unfit or incompletely trained animals, and unrealistic expectations on the handler's part, usually combinations of all three.

Do either of you recall "ISKCON Implement" which operated out of New Raman-reti dhama for a short time in the mid 1980's? The brochure listed walking moldboard plows, the Planet Junior type walking cultivators, both very hard items to find around here. Then about a month ago I saw an ad somewhere of a company in Virginia, that happened to have "TATU" logo included. I have been in contact with them, and it appears possible to acquire through them, although delivery dates may not be guaranteed without a container sized order.

The company name is Agritech Trading Co., 405 Glenn Drive, Suite 11, Sterling, 20164. Contact Mr. Bob Moore. 1-800-245-5110.

My original correspondence brought not only their watts number, but a copy of the very same animal drawn implement flier ISKCON Implement used. Like most large businesses, they would much rather ship a container load. Still, Mr Moore has arranged with one of his North Dakota dealers to include a walking plow and cultivator in their next shipment. A letter is expected soon explaining pick-up arrangements (probably at the dealer).

I will soon be looking for a Brown Swiss heifer calf this spring to cross with Guzerat, milk of course, and train the resulting oxen to work a row crop vegetable and fruit truck market, etc.

Thank you for your continued encouraging and friendly association.

Parampadam das
Mason, WI.

ISCOWP in India

I hope this letter finds your goodself, your good wife and both children in good health and excellent Krishna Consciousness.

As far as my own situation is concerned, very briefly, I arrived in my home town Brijar India on July 4th 1994 along with my wife and my youngest son. Since that time I am spending my time in following strict health program and although it is quite early but I do feel a little bit better than when I was in the U.S.A. I am doing my best for my health and the rest is in the hands of the Supreme Lord. I do however need your blessings and good wishes in this matter.

One thing which I very urgently want to convey to you is that there is great potential for spreading the mission of cow protection as recommended by Srila Prabhupada all over India but specifically in North India where I live. It is also urgently needed. As my health permits, I intend to open various branches of our ISCOWP in at least 10 cities of India. I have talked to like minded people at local and national levels and every body seems quite enthusiastic about it. I need the following things from you on an urgent basis.

a. A copy of our original bylaws and registration certification of ISCOWP.

b. All the promotional material that you have produced for ISCOWP.

c. Membership forms etc. of ISCOWP

I think we should keep ISCOWP as the main organization with main office at North Carolina but we should open the local chapters of ISCOWP in various cities comprising their own Board of Trustees and their own tax exemption status. However they all should have to abide by our own original ISCOWP bylaws. I need to know your kind opinion in this matter.

The best of course will be if you and mother Chaya could plan a trip to India either in this Kartik (which may be too short a notice) or at Gaur Purnima time in March 1995 and together all of us can work and make our ISCOWP a truly international organization. I accept it is a difficult task and age of Kali is working against us but still Supreme Lord and Sri Guru and Sri Gauranga is with us so we have a very good prospect of succeeding in our efforts.

Advaita Acharya das
(Dr Arvind Singh)
Bihar, India

Special Thanks to All Barn Donors

We would like to thank the following members who contributed to the building of the pole barn to store the winter hay and ox-drawn equipment. As of this writing all of the pole beams are up and cemented into the ground. We have put up the girders and bought the lumber needed to build the rafters. At the time of this writing we are still building.

Thank you all for helping. Once again we are able to progress only because of your help.

Vrajabhadhu dd (Marie Pritekel).....$516
Gour Govinda d & Sita dd (The Davidson Family)..... $500
H.H. Tamal Krishna d.Goswami.....$500
Suzanne Hopkins & Bud Konowitz.....$500
Maha Mantra d (David Fuller).....$325
Dennis & Caroline Constantine.....$200
Jiva Mukta d & Sita dd (The Curtosi Family) $150
Dan Duer $150
Dulal & Sabita Bhattacharjee.....$101
Dharma Vidya d & Nama Priya dd.(The Grant Family).....$108
Parampadam d (Kenn Perry).....$108
Stacy Charlton.....$100
Henry Schoelkopf.....$100
RK Dhingra.....$ 82
Amala Bhakta Das.....$ 75
Chris Baymiller.....$ 70
Mary Goerke.....$ 60
Anuttama d & Rukmini dd.....$ 51
Aroon & Lily Chaddha.....$ 51
Pavamana d. & Sampada d (The McCloud ..... Family).....$ 51
Dr. T. Radhakrishnan.....$ 51
Krsna Katha d (Jeff Breier).....$ 50
Jagadisvara d & Dirga dd (The Newsom Family).....$ 50
Augusto Vargas.....$ 50
Harry Madison.....$ 45
Paramprabha dd (Paula Hamer).....$ 40
Aravindaksa d (Wyndell Wynter).....$ 36
Rory Alden.....$ 35
Peter Burwash.....$ 35
Mahasrnga d & Radha Kanta dd (The Crawford Family).....$ 35
Ethel Dobson.....$ 35
Dina Sharana d.& Satyabhama dd (The Greenberg Family).....$ 35
Sudevi dd (Marilyn Hansen).....$ 35
Erik & Karin Hazelkoff.....$ 35
Mathew Kelliher.....$ 35
Anthony & Rawtee Lutchman.....$ 35
Kirtana-rasa d. (Kurt Mausert).....$ 35
Sendhabhai B. Patel.....$ 35
Haridas d & Nandapatini dd (The Stempel Family).....$ 35
Richard Suozzi.....$ 35
Bhata Paul Swinford.....$ 35
Lilavati dd (Lila Trombetta).....$ 35
Murali Vadaka dasa.....$ 35
Kaivalya d & Monorama dd (The Radha Mahajan family).....$ 35
Steve Zumbo.....$ 35
Bhakta Eddie .....$ 30
Kirk Cornwell.....$ 30
Pusti dd (The Humphrey Family).....$ 30
Gayle Janzen.....$ 30
Daya Vira d (Albert Hill).....$ 30
Muniyappa Venkatesha.....$ 30
Bhakta Caspar.....$ 25
Adikarta d & Rucira dd (The Scott Family) .....$ 25
Isabelle Haas.....$ 25
Saranga Thakur d & Nrsimha dd (The Kenton Family).....$ 25
Bhadranga d & Hladini Shakti dd (The..... Sherman Family).....$ 25
Vivek Beri in memory of: Kishorilal Beri, Shrimati Hukam Devi, Shrimati Idumati Devi, Shri Amaranth Puri, & Shrimati Shubhashni Devi.....$ 21
Jaggaddhatri dd (Jean Prem).....$ 21
H.H. Gunagrahi d. Goswami.....$ 20
Rukminisa d (Peter Grant).....$ 20
Haripada d & Phalini dd (The McLeod Family) .....$ 20
Pradannam d (Peter Granito).....$ 15
Vrndavana Chandra d (The Lovejoy Family) .....$.15
Mukunda d.....$ 15
Vasu Murty.....$ 15
Christine St. Onge.....$ 15
Giriraj d (The Ramos Family).....$ 15
Albert Winkelman.....$ 15
Dwarkadish d & Rohini dd (The Borthwick Family).....$ 10
Maureen Byrnes.....$ 10
Lenny Greenberg.....$ 10
Marion G. Schuh.....$ 10
Arvind Sharma.....$ 10
Lois Birenbaum.....$ 8
Rene Waisviss.....$ 5
Christen Wegner.....$ 1

Apologies to the following members for omitting their names in the Belarus donor list of the summer (94) newsletter

Anuttama d & Rama Tulsi (The Morrison Family).....$100
James Oswald.....$ 50
Jyoti Kasnyap.....$ 35
Puspavan d & Nandi dd (The Coupal family).. .....$ 25

ISCOWP Travels to Belarus
A Country Receptive to Ox-Power

June 28

We journeyed to Minsk, Belarus June 28th and were met at the airport by 3 devotees, one of whom was our translator, Arundhati devi dasi. We spent one night in the Minsk Temple and the next day traveled 2 1/2 hours by car to New Vrajamandala Farm on the poorly maintained Russian roads.

The property is very beautiful. It consists mostly of flat, open fields of sandy loam soils with slightly sloping shape and a few hills towards the backof the property. All together they have 120 hectors which is 300 acres. They have planted large fields of potatoes, oats, corn, peas, sugar beets for the cows and have many acres of grasslands. However they have problems with some of the fields being wet. The vegetable garden is quite large and consists of cabbage, peas, carrots, coriander, dill, fava beans, strawberries, cucumbers, zucchini squash, tomatoes and also several types of berries. They have put in a small orchard of apples. The property was given to them by the government and was once part of a collective farm.

One of the many typical Belarusian village potato patches. Potatoes are in the foreground, wheat in the right background.

There is no tractor. Most of the work is done by 5 oxen and a horse. They have a small team of oxen named Muni and Risi and a medium sized team named Burfy and Dhal who do most of the work along with a bigger ox named Shanti. They have done a lot of work already and the men working with the oxen,, Bhakta Dennis and Bhakta Igor, are very dedicated and have a good understanding of what is going on with the oxen and the field work. Tools are greatly lacking. But they are very creative and resourceful.

Bhakta Igor leading Manu & Risi, a young team of Holstein oxen pulling a dump rake.

Through our 3 week stay at New Vrajamandala approximately 20 people took part in our ox-powered seminars. Most of the participants were from Belarus with the exception of 6-8 devotees who came from places as far away as Siberia (2-3 days by train). They represented different ISKCON preaching centers in the C.I..S. which were on the verge of getting land and needed some insight how to proceed properly.

They were very enthusiastic to hear about cow protection and both the spiritual and practical aspects of village planning and development. We gave classes from the Srimad Bhagavatam every morning and because of all the questions the class usually lasted 2 to 3 hours.

Then there was the work day during which a lot of practical things were done and discussed such as fixing the mowing machine. Amongst the few ox powered machines were the mowing machine, one hay tedder

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Belarus

This picture shows Bhakta Dennis and two other members of the Vrjamandala farm with 3 oxen mowing a field of hay for winter feed. After we fixed the cutting mechanism of the sickle bar mower, the crew was inspired at how well the machine worked and consequently they mowed and mowed many acres for many hours without it clogging. The hay fields were full of a number of herbs such as yarrow, which is an excellent tonic .

After the hay is mowed, raked and put in piles it is then gathered and loaded onto wagons and brought into an area close by the barn where it is stacked in large haystacks. There were 17 cows, which meant they needed quite a bit of hay for the winter. The growing season is very short so every available opportunity for making hay is utilized.

This is an example of a medium size haystack. The hay was laid in such a way that it intertwined and as a result the stack was very solid and sturdy. After stacking was finished the sides of the stack were scraped with the pitchforks. This made a pattern so that when it rained the rain would slide down the side of the stacks and not be absorbed.

This picture shows Anotoli , his wife Nina and Balabhadra das. Anotoli came to New Vrajamadala farm to meet with Balabhadra das. He and his wife Nina were given a 40 acre farm after they retired from the military. They have been on their land two years and our growing 2 acres of potatoes, 5 acres of wheat and oats, 5 acres of buckwheat and 5 acres of pasture. They have one cow, one horse, 12 beehives which make excellent honey and a small river that borders 2/3 of their property. Their cow is due to calf and they are hoping it will be a bull calf because they want to begin to work the land with oxen instead of a tractor. All the ingredients to the delicious meal Nina prepared were produced from their farm.

Arundhati devi dasi, our translator, was an invaluable help during the whole trip. Here she is discussing with one of the village families about self-sufficiency and cow protection. We spent many hours with this family and they fed us sumptuously of fresh berries from their backyard. These village people preferred to speak Belarussian instead of Russian.

This village gentleman is the third generation to work his family's land. Here he is completing the final cultivation of his potato crop with his horse who is 35 years old. His wheat field can be seen in the background. He is working a total of 4 acres between his large crops of potatoes, wheat and hay and his small crops around the house of vegetables, berries and apples. He also has a cow giving a good quantity of milk every day. When we asked him what he would do with the cow when she gets old, he replied that his family would let her die naturally. They could not butcher her.

ISCOWP Travels to Belarus

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rake and one dump rake. The mowing machine needed to be rebuilt twice during our visit. The first time we had to trouble-shoot and rebuild all the cutting mechanisms. Now they have a good understanding of how the mower works. The second time the main gear disintegrated and needed to be replaced.

The oxen were fairly well trained to voice commands Their guide to this training was Parmananda's ox training manual, ISCOWP's E-mail correspondence and ISCOWP's Buck & Lou Get-Up video. So all that was needed was refinement of what they were already doing. For instance, when the teamster gives a voice command there is a certain part of the ox's body that must be touched. When you want the ox to come to the left you tell him "Haw" and touch him with your stick on the outside of the right shoulder. He will move away from the stick which means he will be moving to the left.

As part of our instructional materials we brought a straw bale construction video and instructional manuals. This was of great interest to everyone since this construction is warm in the winter, cool in summer, straw which consists of most of the materials (a by-product of growing small grains) can be grown with the oxen and the whole construction is relatively inexpensive. However our literature was all in English and needed to be translated into Russian for practical application.

Bhakta Valoja with horse and wagon taking one of the plows out to the field.

July 15

Right next to the New Vrajamandala Farm is a small village. Here we had the good fortune to meet and spend a full day with a village couple whose residence there dates back for generations. When we approached the village the husband was plowing his potato field with his horse whom he has had for 30 years. Like many of the other farmers, he uses his one horse for field work, hay work, and transporting of harvested crops. They have no tractor or petroleum-powered farm machinery.

Their property consists of 2 & 1/2 acres of agricultural land for growing potatoes, grain and hay and 1 &1/2 acres for their barn (which houses their horse, cow, sheep, hay and other feed), their house and other small buildings for pigs, chickens, and equipment. Their yard was completely covered in vegetables, flowers, berry bushes, herbs and fruit trees. No chemicals, fertilizers or pesticides were used and there was no evidence of any bug problems.

Every square inch of available land around the village houses was utilized for growing potatoes and the same crops found in our friends' yard. There were many wild herbs growing in the fields and forests which people harvested readily. It is a matter of survival as stores are practically non-existent in the countryside and there is no such thing as suburbia. Practically speaking they are 95%

Anotoli & Varuna das with an old plow which was made to be pulled by a person.

self-sufficient. They are simply needing to buy a little salt, sugar, and oil (sunflower oil is the oil predominantly used but not grown in the area because it is too cool).

This village is quite typical of the Russian village as it is isolated from much of the outside world of industrialization. During our 3 week stay in this area we only saw 5 motorized vehicles. Country roads were traversed by foot or by horse and cart. Throughout all of what was once the Russian Republic there are are hundreds and hundreds of such villages.

We showed our village friends ISCOWP's picture books of activities in America and they were very receptive to our work with oxen. How we wished we had just a few of these villagers in America to cultivate and work with. In countries like America, the first battle is simply to convince people of the validity of ox-power.

July 19

We visited a family who was connected to the Vetipks preaching center in Belarus; Anotoli, his wife Nina and their two teenage children. They are both retired from the army and have acquired 40 acres of land.

They have 20 acres under cultivation in potatoes, wheat, oats and buckwheat, 5 acres in pasture and hay and a small garden. The most excellent tasting honey comes from their 12 beehives. They own one horse and a cow. Presently they are working with a tractor but within the next 5 years they would like to be completely dependent on oxen.

Anotoli knows all the herbs which are growing on his property and around 2/3 of his boundary flows a swift running clear river. He has helped the devotees in the Vetipks preaching center purchase 2 plots of land close to his, bordering on the same river and only 40 minutes from the preaching center.

The two devotees in Vetipks who are active in this project are both trained in a Belarus agricultural institute and now Krsna has put them and Anotoli together to start developing their rural community. Amongst them is a conviction of the necessity of cow protection and ox-power in their development plans.

July 22

While at New Vrajamandala we were invited to go to the Moscow Yatra to speak to some of the devotees there who have approximately 100 acres of land. These devotees are older and mature and are planning things very carefully as they don't want to make a lot of mistakes. At the time there was held the Moscow Rathayatra and we had the opportunity to give classes to hundreds of people. We also spoke to a reporter from Tass at the Rathayatra festival who was interested in what we were presenting.

In contrast to the villagers, the people in the cities are suffering while living in their cement cubbyholes. In many cases there is not enough to eat and certainly not the variety found in the country. The village people are quite wealthy based on their agricultural products of grains, fruits, vegetables, potatoes and dairy products. However, from many window ledges you will see planter boxes in the city attesting to the fact that the people have a strong attachment to an agrarian background.

July 25

We were invited to the Gomel preaching center which is 3 & 1/2 hours from Minsk, the capital of Belarus. There are approximately 30 devotees there who are very sincere to develop a nice yatra. Presently they have no land. They are renting the property where the temple is. They also are considering purchasing land in the near future but right now their main program is Food for Life.

The Food For Life program here is doing 600 plates a week and the local authorities in Gomel are very appreciative to the point of giving the devotees a very nice dinning hall facility. The authorities also participated in the inauguration of the F.F.L. programs at the new facility. We had discussions here how all the foodstuffs for the Food For Life program could be grown on ISKCON farms using oxen. Unemployment is high and could be somewhat averted by offering training programs in ox-power and the production of raw agricultural products and usable commodities such as flour.

Conclusion

Within a few years we can expect to see a tremendous increase in the number of Krsna Conscious devotees both within the cities and rural communities. In the article "A Russian Voyage" by Miles Clark found in the June 1994 issue of the National Geographic magazine it was stated that ..."religions of all types are resurfacing in Russia-from Baptist to Hare Krishna to Islam."

Therefore the development of self-sufficient farms based on Srila Prabhupada's instructions on vedic cow protection and ox-power is not unlikely since it is one of the aspects of the Hare Krishna movement. Plus, there is the agrarian lifestyle which is the cultural heritage of most of the Russian citizens.

Cow protection is already not a difficult concept for these people to understand. We could see that some of their agricultural activities are reminiscent of Vedic customs. For instance,when the cows are taken to pasture both by the village people and the collective farms somebody (at least one person) stays with the cows all day in the fields, just like Krsna and Balarama did.

We pray our efforts will help to establish cow protection and ox-power and offer a God Conscious solution to the common people so that they will be convinced not to become entangled in the falable soldiers of tractors and petroleum of the industrialized state but to depend on Krsna and his arrangement of working with the bulls.

Coming Soon!

Hare Krsna Today video magazine will be having a segment every month entitled "Natural Living." This segment will be shot from ISCOWP's Seed to Sustenance land project in Sandy Ridge , North Carolina. Each segment will be approximately 5 minutes long and will give instructions in a living-classroom setting on the "how to" of natural living. These monthly editions are being aired on cable networks here and abroad.

Seed to Sustenance Report

After the first frost blackened their leaves, we harvested the sweet potatoes which had been in the ground 120 days. From 125 slips of the "Carolina Bunch" variety we harvested 500 pounds of deliciously sweet, sweet potatoes. They were planted in 5 hills and in two 100 foot long rows. Next year we will plant 1/2 acre since the production was so good and tasty. All the families at Prabhupada Village received large bags of sweet potatoes.

After returning from Belarus in July we planted a small fall garden. By August we had planted 1/5 of an acre of buckwheat as a cover crop on a new area, 9, 75 ft. rows of bush beans, 9, 75 ft. rows of spinach, 375 ft. of beets and 575 ft. of Siberian kale. Here you can see beans progressing nicely in the foreground and rice in the background. On the trellis next to the beans is bitter melon which produced very heavily and from which we collected a nice quantity of seed for next year's planting. Due to the late planting date the harvest of these crops was nip-and-tuck with the frost. However we were able to harvest 50 gallons of snap beans, the spinach harvest was so-so and the kale was excellent and will produce through the winter since it is a winter hardy plant.

In our small plot of rice we planted 2 pounds of seeds and the harvest has given us approximately 85 pounds. This is a short grain, non-sticky, very aromatic type of rice. The plants themselves were 4 ft tall. They had tiny white flowers and as the seed sacks got larger and larger and the grain of rice matured, the seed heads became so heavy that they drooped over. We will use a little bit of the rice to sample the flavor and texture. The bulk of this harvest will be used to replant an acre for next year's crop. If anyone is interested in sample packets of seeds let us know. We have already received requests from Australia and Florida.

LAKSHMI'S KITCHEN

Another vegetable we grew successfully this summer and harvested a large amount of was beets. However we found that not many of our friends were accustomed to using beets in their food preparations. Even before we grew beets I had found a beet recipe that everyone in our family liked. and I would like to share it with you in this issue.

Beets are a blood purifiers and the beet greens can be used in salads and soups. Don't throw the beet greens away!

Honeyed Beets

PREPARATION TIME: 10 minutes

COOKING TIME: 60 minutes

YIELD: enough for 4 persons

5 medium beets (about 1 1/4 pounds)
1/4 teaspoon asafetida *
2 tablespoons butter
2 tablespoons honey
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon cinnamon
1 tablespoon snipped parsley

1. Cut off all but 2 inches of beet tops. Wash beets and leave whole with roots ends attached.

2. Beets can be either cooked or steamed till tender-about 45 to 50 minutes. I prefer to steam them because that way more nutrients are retained. Then run cold water over beets; slip off skins and remove beet ends.

a. Cooked: Heat 6 cups water, 1 tablespoon lemon juice (to preserve color) and 1 teaspoon salt to boiling. Add beets. Cover and heat to boiling; reduce heat. Boil until tender.

b.. Steamed: Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place medium whole beets in basket, Cover tightly and heat to boiling; reduce heat. Steam until tender. Add boiling water during steaming if necessary.

3. Cut into shoestring pieces.

4. Saute asafetida and butter in 10-inch skillet over medium heat.

5. Stir in beets, honey, lemon juice, salt and cinnamon.

6. Heat, stirring occasionally, until beets are hot, sprinkle with parsley.

* purchased at Indian or Oriental grocery stores

Cow Conference

More and more of our correspondence is coming through E-mail and as a result of ISCOWP's cow conference . This new column will allow some of that correspondence to be shared with those of you who are not participants in computerized communications. Our E-mail address is ISCOWP@ISKCON.com and the cow conference address is Cow@ISKCON.com.

The following is an article submitted to the cow conference from the January 1994 issue of "In These Times: Alternative News Magazine."

How Now Mad Cow?
by Joel Bleifuss

Since the Mad Cow disease was discovered in Britain in 1986, more than 100,00 cattle in that country are known to have contracted the disease, scientifically known as bovine spongiform encephalopathy (BSE), a deadly nervous system disorder. It is thought that British cattle contracted the virus-like agent that causes this degenerative brain disease by eating protein feed supplements made from the rendered carcasses of sheep that were infected with scrapie, the sheep form of transmissible spongiform encephalopathy. Similarly, some zoo animals and pets in Britain that have eaten food derived from BSE-infected cows have developed their own transmissible encephalopathies.

In 1989, Britain banned the sale of cow parts -- brains, spinal cords, spleens, tonsils and intestines -- that find their way into processed meat. And last December the German Federal Health Agency asked the government to ban all imports of meat and cattle from Britain, saying that it "had to consider the serious consequences of a possible spread of BSE to humans and the fact that there is no reliable procedure to detect the presence of BSE."

So far two British dairy farmers, whose herds were infected with BSE, have died from Creutzfeldt-Jakob disease (CJD), a rare human transmissible encephalopathy with an incubation period of up to 30 years.

Since 1989, the number of Britons who succumb to CJD each year has increased by 100 percent. Scottish scientists have found that people who eat blood sausage are more likely than others to develop the disease. Richard Lacey, a microbiologist at Leeds University, has warned that a CJD epidemic could spread through the human population. He told Reuters news service: "The virus cannot be identified, there is not treatment and no vaccination. So we cannot stop its spread through blood transfusions or transplants. The outlook is very, very grim in this country."

The official position of the British and U.S. governments is that BSE poses no risk to humans. As the U.S. Department of Agriculture's (USDA) "BSE Fact Sheet" puts it, "To date, no scientific evidence indicates that BSE is a human health hazard." Of course, to date, no scientific experiments have been done on humans to find out if this is so.

to be continued in next issue

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 Krsna 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

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