
❖ THE ISCOWP NEWS ❖

Volume 9 Issue 3

The International Society for Cow Protection

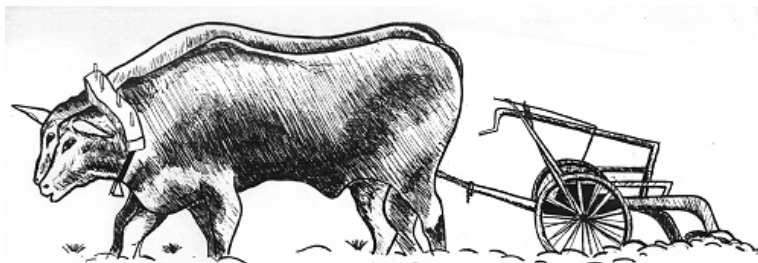
1999

Now that the cold weather is with us, there is little grass on the pasture for the cows to eat. We are feeding out hay and the cows have a tendency to stay where the food is available. However, they have free access to the pastures when they wish to munch on whatever small offerings the earth has for them at this austere time of the year.

This year we had three young men come for training as teamsters. More are scheduled for next year. Expansion of ISCOWP housing facilities for the Ox Power Herb Company, residence, and ISCOWP office has been undertaken with the goal of completion in the summer of next year. A garden (1/4 acre) prepared by the oxen produced a variety of vegetables that we were able to can and dry for this winter.

This issue contains information on a variety of cow protection and related topics. Most of the information has come from the ISCOWP cow conference which has been very active this year. As the new year approaches, we pray for the ability and your support to carry on all these projects, achieve our goals, and increase our cow protection activities.

Loving Relationships = oX-pOWER



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Hand Milking, Canning, and Advice from International Cow Protectors

International Society for Cow Protection, INC. (ISCOWP)

ISCOWP Profile

ISCOWP was incorporated in the state of Pennsylvania, U.S.A., March 1990, as a non-profit educational organization.

William and Irene Dove (Balabhadra das and Chayadevi dasi) are its managing directors. They are disciples of His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, the Founder Acharya of the International Society for Krsna Consciousness (ISKCON). Through their spiritual master's teachings, they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

ISCOWP's primary concern is to present alternatives to agricultural practices that support and depend upon the meat industry and industrialized, petroleum powered machinery. To this end, ISCOWP trains oxen (male cows or steers) to replace farm machinery and thereby show an alternative to their slaughter. The tenets of cow protection and ox-power are universal and nonsectarian, available to all regardless of race, creed, or nationality.

ISCOWP Goals

1) To systematically educate all people in the practice of cow protection in order to check the imbalance of values in life and to achieve real unity and peace in the world.

2) To bring the members of the Society together with each other, thus developing the idea within the members, and humanity at large, the great necessity and benefit of recognizing the cow as the mother who gives milk to the human society and the bull as the father whose labor in the field produces food for humanity in the form of grains and vegetables.

3) To teach and encourage peaceful dietary practices based on lacto-vegetarianism.

4) To establish branches of the International Society for Cow Protection Inc. and encourage any organization that complies with this charter.

5) To bring the members closer together for the purpose of teaching and establishing a simple agrarian lifestyle based on a cow-

human-land relationship and utilizing the principle of cruelty free, lifetime protection toward all God's creatures, especially the cows and bulls.

6) To establish and maintain a traveling, educational program representing the relevance of the cows and bulls in society today.

7) With a view towards achieving the aforementioned purposes, to publish and distribute periodicals, books and other writings.

8) To receive, administer and distribute funds and all other things necessary and proper in furtherance of the above stated purposes.

ISCOWP Activities

Ox-power, An Alternative Energy

At ISCOWP's headquarters, Vrajapura Farm, fields for all crops (rice, rye, wheat, herbs and vegetables) are prepared by ox-power. In the winter, logging by oxen provides wood for heating and cooking. Due to the oxen's ability to haul loads, petroleum powered machinery is being replaced for farm chores and plans are developing for ox powered machinery to provide electrical power.

Ox-power Seminars

Seminars are given in living classroom settings involving hands-on instruction at locations such as Russia, North Carolina, Pennsylvania, and West Virginia, U.S.A. If you wish to partake in such a seminar or wish to have one in your area, contact ISCOWP for seminar schedules.

Training Teamsters and Oxen

Teamsters and oxen are trained world-wide. Prospective students are encouraged to contact ISCOWP for either individual instruction or seminar schedules. At Vrajapura Farm there are 6 trained ox teams available for the training of students.

Educational Videos, Newsletters, and E-Mail Network

"Training Oxen by Voice Commands" and "ISCOWP Travels to Be-

larus" are videos filmed and produced by ISCOWP. 8 years in publication, the quarterly ISCOWP News informs its readers of cow protection activities world-wide. 5 years in existence, the ISKCON COM cow conference offers a forum for practical and philosophical discussions to over 80 members from 18 countries. ISCOWP's WEB page offers original cow protection T-shirts and further information.

ISCOWP Outreach

5 years of travel with oxen throughout the United States' major cities and towns has resulted in presenting thousands of people with the message of cow protection and ox-power.

Developing Vrajapura Farm

ISCOWP's headquarters, consisting of 137 acres, provides a setting for seminars, hands-on instruction, ISCOWP's office, and an example of ox-power and life centered on the land and cows. At Vrajapura Farm, twenty-four cows and oxen are provided lifetime protection. Recently purchased, it is presently in the beginning stages of development

ISCOWP Contact

USA Federal Tax Number

All donations to ISCOWP within the USA are tax deductible. The tax number is 23-2604082.

ISCOWP Mailing Address

ISCOWP
RD 1 NBU #28
Moundsville, WV, USA, 26041

ISCOWP Phone & Fax

Phone: 1-304-843-1270
Fax: 1-304-845-5742

ISCOWP E-Mail

ISCOWP@ovnet.com
ISCOWP@com.bbt.se
<http://www.iscownp.com> (new site)

ISCOWP 3x yr Newsletter

Within the USA: Send \$21 check to snail mail address
Outside USA: Send \$25 bank draft or money order to snail mail address

ISCOWP T-shirts, videos, information

Please inquire at above addresses.

Letters

Rennet

From: DGilsen@aol.com
To: Cow@bbt.se;
Subject: Re: Rennet
Date: Friday, November 05, 1999 12:10 AM

Samba, there are two varieties of vegetable rennet. One comes from a flower called golden seal, the other comes from a mushroom. The rennet that comes from the stomach of a calf that died from natural causes. To make it work the calf first had to have suckled from its mother. The stomach is removed from the calf that died of natural causes and is dried in the sun then cut up into strips about as long as one or two finger lengths and about as wide. It is then placed in the warmed milk as you start your cheese making process. I'm not suggesting we go out and kill a calf to get its stomach. But if a calf who has suckled on its mother dies of natural causes we can use its body parts. Like the drum heads we have on those neat drums we use in our ceremonies. That leather comes from some where doesn't it? I suspect that is why the actual drum head is so small. To conserve a scarce commodity!

If you buy organic rennet it will work. Interesting point, almost all cheese made in the USA is now made with organic rennet, because it can be measured in exact quantities and the exact quality can be assured!

Carol

Weaning

From: COM: Ananda Maya (dd) SDG (Derrylin - Northern Ireland)
To: Cow@bbt.se
Subject: query
Date: Thursday, October 21, 1999 2:40 AM

"c) Gradual weaning can be prior to 6 months if the calf's coat changes color or it loses interest in milk (ruling out illness)."

The above taken from the minimum cow standards I find slightly confusing. I can understand the gradual weaning process and the reference to loss of interest due to illness etc. But can anyone expand

on the reference to coat color? I have never come across any reference to coat color, and would consider the condition of the coat more relevant in determining overall condition, infection, physical ailments etc. Is there some great significance regarding coat color and calf feeding? Sorry, but my experience on cow-herding is gained on the job, and I may not be well versed in some insider lore, although from years working around farmers I have never come across any reference such as this.

Ananda Maya dasi
Derrylin - N. Ireland)

From: talavan@com.org
To: Cow@bbt.se
Subject: query
Date: Saturday, October 23, 1999 12:00 PM

Comment:

Overall condition, implies the condition the body is in including the color. This is due to a change in diet, in this case from a largely milk diet to forage. This is related to the stomach being modified from a single pouch to four compartments, wherein each compartment has a separate function. At this time the animal's coat both in texture and coloration changes from that of a calf to an adult coat (coarser in texture, richer and darker - depending on breed). This change in color is indicative of the lack of need for large amounts of milk because the stomach is no longer suited to the milk diet, but one of forage fermentation and absorption. Depending upon breed this occurs between the fourth and sixth month in all Taurus breeds and later (some as late as two years) in all Indicus breeds.

Rohita dasa
Mississippi, USA

From: COM: Ananda Maya (dd) SDG (Derrylin - Northern Ireland)
To: Cow@bbt.se>
Subject: query
Date: Friday, October 29, 1999 1:32 AM

Thanks for the wealth of knowledge. Just shows that I've still lots to learn. Anyway our young bull is starting to

change (4 months now) and has the thicker + winter coat coming on. He also has his darker facial coloring in and is darkening up on the hooves, etc. So change is coming by the look of things. He's a Jersey, and has a bully nature, but we expect the vet to take care of that to a certain extent. But he does still love to suck on anything! So maybe he has a couple of months to go. So should we gradually wean him in the build up to that, or do you think it's better to wait to see his behavior, and then start gradual weaning. Apart from the odd face wash, his mother is not overly enthused to feed him.

Ananda Maya dasi
Derrylin - N. Ireland

From: WWW: Rohita (Dasa) ACBSP
To: Cow@bbt.se
Subject: query
Date: Friday, October 29, 1999 7:20 AM

Comment:

Let him drink once a day for the next ten days and then stop the feeding all together. He may complain, but that in time will pass especially if his mother does not answer. If you are not feeding him grain and it is feasible, feeding of it in place of the milk will give his tongue some satisfaction. If you notice in a few months that he is not growing at a steady rate he will require about 4-6 pounds of grain.

If you do not need the milk you can continue letting him feed from his mother, but the introduction of some grain 2-4 lbs. will keep him growing and he may also lose interest in sucking.

Rohita dasa
Mississippi, USA

Cows in Sub Tropical Zones

From: Samba.SDG@bbt.se
To: Cow@bbt.se
Subject: Cows in sub tropical zones.
Date: Saturday, August 28, 1999 3:51 AM

Can anyone recommend the best breeds (European or Indian) for health, bull calf trainability and milk production in tropical to sub tropical zones?

Has anyone experience of feeding cows with Leucaena (Ipil-ipil) foliage? Apparently it is an excellent forage, fast growing, high in nutrition, and promotes

excellent milk yields and quality. Any help would be appreciated.

Samba das
Mauritius

From: WWW: Rohita (Dasa) ACBSP To:
To: Cow@bbt.se
Subject: Cows in sub tropical zones.
Date: Monday, August 30, 1999 2:04 PM

European cows (B. Taurus) come from cold climates although there are breeds that are adapted to the hotter climes, i.e. West Africa. But when you get into these areas there are localized diseases which many outside breeds have little resistance to. In West Africa it is trypanosomiasis, a group of diseases more commonly called sleeping sickness. Jerseys and other European breeds taken to West Africa usually succumb to these diseases. However there are local breeds that are also Taurean that are resistant to these illness.

1. So, the limiting factor is are there diseases that are very common in the area in question?
2. The next question, is there native breeds in the area? Native meaning a breed that has been in the locality for 4 or 5 hundred years. It is always better to choose from these animals than importing into the area another breed that usually is not adapted to local conditions.
3. Do the local disease resistant breeds produce enough milk for your needs? Are you interested in producing enough for yourself and a few friends or are you wanting to support the family on many milk sales? For example one trypanosome-tolerant breed is the N'Dama of Guinea. They produce 2 to 3 litres per day (just under a gallon) for about eight months. For a family this is alright but commercially not so good.

The Americas and Australia are two large geographical areas that do not have local breeds. Cows are recent arrivals so the above does not matter as much because there is no breed that is really adapted. Except in America the Longhorn and the Piney Woods. Both these breeds are about 500 years old and well adapted to the southern part of the USA. They however are not seen as dairy animals though they do produce milk in similar quantities to the N'Dama mentioned above. It should also be noted that most Americans are used to store-

bought milk which is mainly from Holsteins (Freisland) which is low in butter fat (3.64%) and proteins (3.9%). The above mentioned breeds, N'Dama, Longhorn and Piney Woods all produce milk that is much higher in fats.

I would advise that you look on Mauritius for your cows. Talk to the locals to find out who has the best cows in your area. Then get from him. Most likely they are Sanga-type animals from East Africa probably with some Indian blood. They are probably not large producers, but by being selective in your foundation stock and using improved farming methods to increase the quality of your feed and fertility of the land, great improvements can be made over local production. When buying animals you should engage the skill of an experienced cowherd to guide your choice.

Apparently (Ipil-ipil) foliage is an excellent forage, fast growing, high in nutrition, and promotes excellent milk yields and quality.

<http://users.ox.ac.uk/~dops0024> is a link to LeucaenaNET a source for additional contacts to talk to people who are growing it.

<http://www.svpa.hawaii.edu/ansc/News/96winter/leucaena.htm>

<http://www.winrock.org/forestry/factpub/FODDER.HTM>

<http://www.mcc.aggie.cmu.ac.th/graduate/thesis/prod28.html>

<http://www.ifas.ufl.edu/~ona/or5-96.html> informative about growing methods, is very short.

<http://www.xc.org/echo/aztext/azcompb.htm> a comparison chart to other tropical forage plants

<http://www.dpi.qld.gov.au/dpinotes/pastures/pastures.html> gives pest management details about four pests of Leucaena

If you have time there is an extensive list of sites on yahoo.com search engine the above is a sampling for that engine.

Rohita dasa
Mississippi, USA

From: COM: Nistula (das) ACBSP (Sri

Pundarik Dham - Bangladesh)

To: Cow@bbt.se

Subject: Re: Cows in sub tropical zones.

Date: Monday, August 30, 1999 2:04 PM

Samba's problem is that before the colonial era, when France and England fought over possession of Mauritius, it was a small un-inhabited island and the only heritage breeds were some now extinct birds.

>The general principle is to stick with the local heritage breeds, if they are >still available. Breeds that were used >in your area, or areas of similar >environmental factors, 100 years ago. Talking to local elders can be useful.>

Nistula das
Bangladesh

OXEN - A TEAMSTER'S GUIDE*

From: Hare.Krsna.dasi@bbt.se

To: Cow@bbt.se

Subject: Drew Conroy: *OXEN - A TEAMSTER'S GUIDE*

Date: Friday, October 15, 1999 3:40 PM

I thought the devotees on these conferences would be interested to know that Drew Conroy, one of the world's foremost experts on ox training has a new book at the publishers: *Oxen - A Teamster's Guide* - 360 pages, \$29.95 (includes shipping within the US)

Which will shortly be available from:

Doug Butler Enterprises
PO Box 1390
LaPorte CO 80535

Phone: 1-800-728-3826 (within the US)
970-482-7518 (outside US)
FAX: 970-493-7251

Doug Butler is a tiny, tiny publisher in Colorado which has neither e-mail or website, but they publish many books and videos about ox power and horse power, farrier's trade (how to trim hooves), etc.

They are advertising the book as

"the most complete and definitive book available today on training and working oxen," which I am sure it is. Some of this is geared toward competition at agricultural fairs, so not everything will be of interest to us, but Drew Conroy is such a seasoned expert, with extensive international experience on the subject, that this book is bound to have much of interest to all of us. [At the end of this post, I include excerpts from his article which I posted back in June.] Here's the table of contents: Foreword by Dick Roosenberg (Director of Tillers International ox power school, Kalamazoo, Michigan) Acknowledgements Introduction

1. Selecting the Ideal Team
2. Housing Your Oxen
3. Feeding Your Oxen
4. Principles of Training
5. Training Steers ["steers" is the New England term for oxen less than 2 years old]
6. Advanced Training
7. Training Mature Cattle
8. Yoke Styles
9. Making a Neck Yoke and Bows
10. Hitching Options
11. Oxen in Agriculture
12. Logging with Oxen
13. Working Oxen in Public
14. Competing with Oxen
15. Keeping Oxen Healthy
16. Hoof Care
17. The Problem Team
18. Oxen in History
19. International Development

Glossary of Ox Terms
Bibliography****
Resources****
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Andrew "Drew" Conroy has trained and worked oxen since the age of 13. As a junior in college he wrote his first book, *The Oxen Handbook*. Drew and his oxen regularly compete at New England fairs

and field days, have been featured in numerous magazine articles, and appeared in two films, **The Crucible** and **In Search of the Oregon Trail**. Drew is a frequent guest instructor at Tillers International and his advice is frequently sought by 4-H groups, museums, hobby ox trainers, and international audiences.

His recent adventures with oxen have taken him to Africa four times, where his PH.D degree has led him to work with the Masai of Tanzania collecting data on their adoption of oxen technology. Drew teaches Dairy Science at the Thompson School of Applied Science, University of New Hampshire, Durham. He is a prolific writer on the subject of oxen, and is a regular contributor to **Rural Heritage** maga-



A sled moves over most terrain very easily in any season.

zine. Drew raises cattle and trains oxen at Oxwood Farm in Berwick, Maine, where he lives with his wife Janet and son Ross.

"Few people, if any, on this planet have the knowledge and understanding of the subject of steers and oxen to compare with that of Drew Conroy. In this book his work in exploring the history of cattle as draft animals, their care and training, and the pure pleasure of learning to be a teamster is gathered into a valuable and enduring record. Anyone with the slightest interest in this important aspect of America's agricultural heritage will enjoy **Oxen - A Teamster's Guide**."

--Stephen H. Taylor, Commissioner,
New Hampshire Department of
Agriculture, Markets & Foods

> ...Using nose rings is my least favorite method. Although nose rings offer an effective method of control, animals that have their noses yanked on too much become head shy and hard headed. Nose rings are a severe method of restraining. The oxen I have seen with nose rings had little choice but to obey.

>

> In Uganda I saw a rope, instead of a ring, run through the nose. Many of the oxen there learn to lie down in the yoke to resist working, a result of having their noses yanked and of being rushed in the training.

>

> The reason a bull is controlled with a ring is because this system of restraint

causes pain - not the best technique for working cattle. At an ox training workshop in Missouri in 1995, I saw oxen that had been trained to drive with nose rings. At first they seemed to go pretty well, but as the day wore on, they became tired and despite the desires of the teamsters, walked right through a fence while pulling a buckboard wagon...>

Hare Krsna dasi
Maine, USA

Worshipping the Cow

From: COM: Hare Krsna dasi

To: <Cow@bbt.se>

Subject: Re: Worshipping the cow

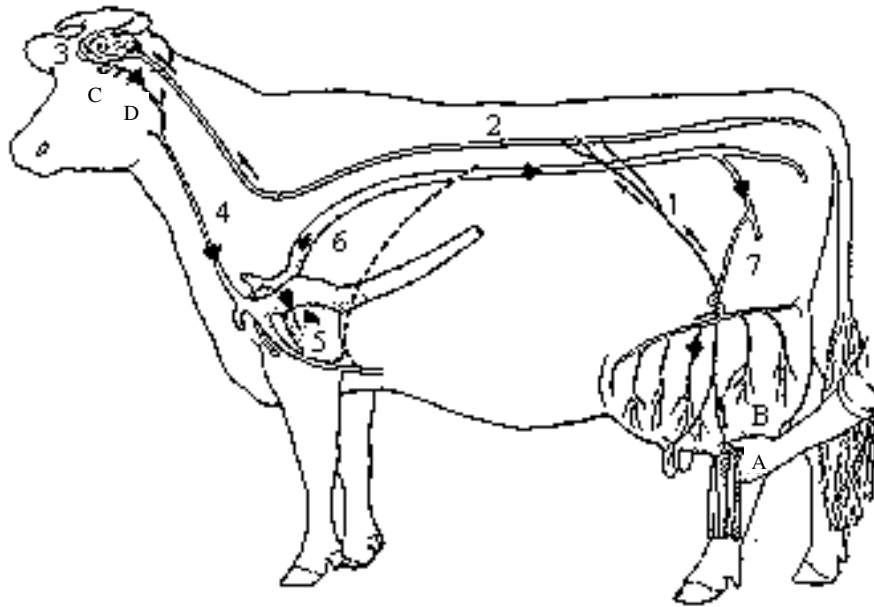
Date: Wednesday, October 27, 1999 1:20 PM

"COM: Kasya (das) SS (Prague - CZ)" wrote:

> On behalf of all the Vaisnavas, I would like to know where it is mentioned, how to properly honor the cow, apart from feeding her nicely and not killing her. I know that devotees use to make arati for cows during go-puja festival. Is it proper? From where this tradition

(Continued on page 10)

MILKING - The Lost Art of Hand Milking



The Neurohormonal Reflex of Milk Ejection.

The stimulus (A) that a cow associates with milking causes a nerve impulse (B) to travel via the inguinal nerve (1) to the spinal cord (2) and the brain (3). The brain causes the release of oxytocin (C) from the posterior pituitary (D). Oxytocin is released into the branch of the jugular vein (4) and travels to the heart (5) and is then transported to all parts of the body by the arterial blood. The oxytocin reaching the udder leaves the heart by the aorta (6) and enters the udder through the external pudendal arteries (7). In the udder, it causes the myo-epithelial cells to contract, resulting in milk ejection from the alveoli.

PRINCIPLES OF MILKING

To understand the requirements of a milking system, it is essential to have a basic understanding of both the biology and the mechanics of milking. Each quarter of the cow's udder contains millions of tiny sacs, called alveoli. These are surrounded with blood vessels providing blood for milk synthesis. The outside of each is also surrounded by tiny muscle fibres which contract upon stimulus, compressing the alveoli.

Milk is produced in the alveoli continuously and is slowed down only by pressure buildup when the alveoli are full of milk. The alveoli are connected via a duct system to the udder cistern and to the

teat itself.

At milking time a stimulus (udder massage, or familiar sounds associated with milking), induces the release of a hormone, oxytocin, from the pituitary gland. The bloodstream transports oxytocin quickly to the udder where it activates the muscle fibres surrounding the alveoli. The fibres contract, forcing milk out of the alveoli into the duct system and udder cistern. This is known as "letdown". The reaction occurs about 1 minute after stimulation and lasts for 6 to 8 minutes.

Another hormone, adrenaline, is released if the cow is frightened, hurt, or irritated; this rapidly counteracts the effects of oxytocin, blocking the release of milk. The action and counteraction of

these two hormones emphasize the importance of careful and well-timed handling and milking of each cow.

THE LOST ART OF HAND-MILKING

Cow protectors consider hand milking the best way to milk a cow. The personal interaction and touch is invaluable in caring for the cow in a loving manner. Before milk machines came into being hand milking was the only method and many "old timers" can remember it well. In many other countries, this method is still the predominant one. The following narrations on milking cows are from a senior citizen's WEB page.

"Youngsters do have it easy now days, they have never milked a cow and wouldn't know how. Milking machines have taken over, and milking a cow by hand is a lost art. Surely you teenagers would like to try milking a cow. Hey! I can almost hear you moaning and groaning, "Do I have too?"

Well ..., probably not, but since I'm in the mood, I'm going to lay it on you anyway. So, pull up a cow, sit back, be quiet and listen. Everyone needs the experience, so follow my instructions carefully.

O.K. Take one gentle milch cow (not all cows are milch cows) toss her a bale of hay to munch on while draining her milk. A munching cow is a contented cow, same as when they are chewing their cud.

We'll need a milk-pail with a small amount of water to wash her bag and teats. "Stop that laughing! That's what they're called."

Grab a small stool to sit on, otherwise you squat and that gets mighty uncomfortable. Approach the cow in a lackadaisical manner, so as not to excite her. Pat her gently on the rump and say, "Saa-ah, Bossy! Ready to be milked?" (hereafter the cow will be known as "Bossy.")

Having trouble with "Saa-ah" word? It's not in the dictionary. Just accent (a, as in ah, or saw). If that doesn't work ask

any old timer, he'll teach you how to pronounce it. Where the word originated I haven't the faintest. However most hand-milked cows recognize the sound and heed it.

Next step, place a hand on the right hip (Bossy's hip that is) and push lightly backward, that moves her right leg to the rear, thereby positioning her for easier milking. The udder side is exposed. Make sense, doesn't it?

Now we're about ready, so repeat after me, "Saa-ah!" That's Good! Old Bossy should settle down and remain still (most of the time) and let the milk flow. Cows do hold up their milk; that's why a nursing calf will hunch the mother cow with its head. It's like saying, "Hey, mom loosen up, give the milk down, I'm starving."

Before milking, the mammary glands (teats) and bag, should be washed and dried. Ole Bossy may've been lying in a soft pile of you-know-what.

Exercise the hands a bit to limber them up, then wrap thumb and all four fingers around the teat to draw or squeeze the milk out. Squeeze from top to bottom, otherwise the milk will go the wrong way, the udder way.

Some cows have short teats, (glands if you prefer) making them difficult to hold, in fact one may have to use thumb and forefinger, starting at the top and sliding downward. Both hands should be used. Milk strikes the pail, with a clankety-clank, clankety-clunk! Or whatever sound milk makes.

Remember things can, and often do go awry, for instance if you get a mean tempered bovine, they can be wild. "They may kick the whey out of you." Meanwhile they'll turn the milk bucket over and spill the milk.

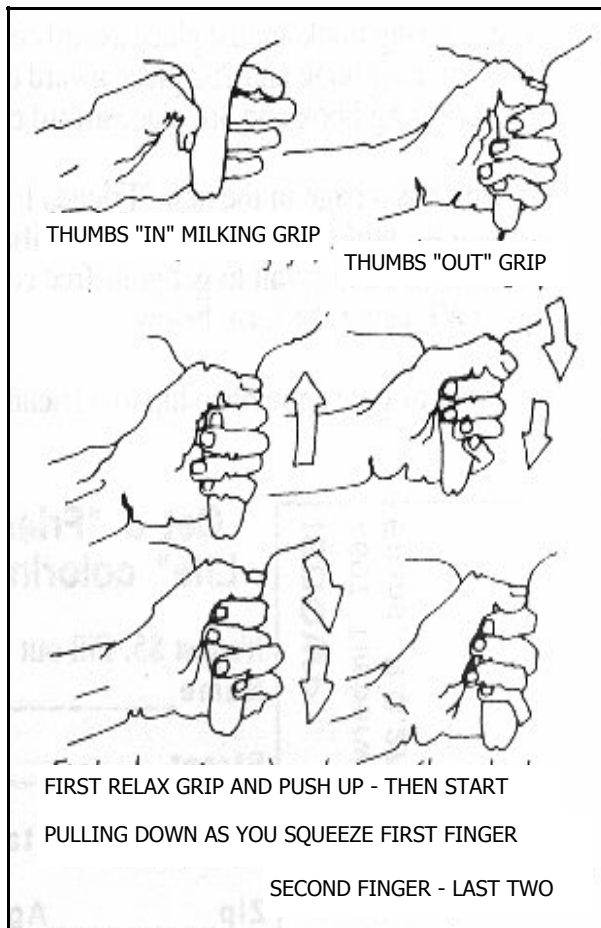
But, "Don't cry over spilt milk." Get up and give her a piece of your mind, if you have any to spare, that is.

Flies create problems when they bite, that makes the animals switch their tails from side to side. A long tail with a wad of heavy hair on the end can be painful as it wraps around your head. Cockleburrs intertwined in that long hair is a killer. "Ouch!" & "Ouch!"

Watch out for cold weather and cold hands. What cow, in her right mind, wants cold hands wrapped around her teats. She's apt to start kicking and bucking. Wouldn't you?

My favorite milk cows are Jerseys; I believe they're the most docile and even-tempered of all dairy cattle. Hopefully this information has been helpful to all, as it brings back fond memories to Senior

hOW TO mILK yOUR cOW



Citizens.

Now that you know the source, and methods used in milking; "How's about a glass of cool sweet milk?"

Another Senior Citizen Narration:

Sooo Bossy!

So you want to milk a cow! Alright, first put her in a stall and secure her head -- oh, better feed her some chop so she'll stay put long enough to tie her up. That takes care of that end.

Now to approach the other end! This is the business end. In one hand you have a shiny bucket, and in the other a little one legged stool, about nine inches high.

Approach the cow from the right hand side; set the stool down carefully and ease yourself onto it, close enough to the cow, so you can lean your head into her flank. Put the bucket down underneath her udder (bag). Now if your hands

are cold, you had better push really hard into her flank with your head, or oops -- one cow's foot goes in the bucket; but maybe not. Grip the two front teats and squeeze, starting with the top fingers and squeeze down -- good. You got milk.

What a neat sound it makes when it hits the bottom of the pail; a few more squirts and you are getting confident. Smack! One hairy tail lands across your eyes. You react with a slap to the ribs of this unmanly beast. Oh darn, her one foot is in the bucket.

I guess you should have tied her tail to her off side leg before you started milking. Go rinse out the pail, tie her tail and start again. Now you are back on the stool and she knows who's boss! The milk is making a nice foam in the bottom of the bucket. Bossy is chewing her cud. Oh look, there's the kitty. A squirt in his direction might be fun. Bad idea! The rhythm is broken, Bossy jumps away, the stool tips over, the milk spills into the gutter.

All is not lost, there are still the two back teats to milk. Be ready this time. Put the hobbles on the cow's back legs, and start again. This time hold the pail between your knees so you can rescue it if necessary. Get on

your stool, put your head in her flank, forget the cat and keep milking.

CORRECTION

*you have put my old address with the article on the cows in Radhadesh. My address now is:

Dirk Vansant, Kleine Kievit 3, 2440 Geel, Belgium

E-mail: dirk_oxen@hotmail.com, dirkvansant@bbt.se

ISCOWP UPDATE

Ox-Power Herb Company Revisited

Establishing the Ox-Power Herb Company to support ISCOWP's ox-power training and cow protection work is a

photos on this page you will be able to see the large attic space (40' by 50') of our new modified earth shelter. Due to the excavation into the hillside for the earth shelter, it is easily accessible from the back by car. This area makes a great drying facility, plus enough space to set up a work space to prepare herbal products.

In addition, an area 20' by 25' in the earth shelter has been designed for a root cellar which we can also use for storage for

activities. In the living quarters there is to be one room 15' by 20' dedicated to the ISCOWP office. We are trying to have this building finished by next summer at which point we will move into it and utilize the new facility for the expansion of ISCOWP activities. As you can see by the photos, the outer shell is mostly completed. We are now working on the roof and getting the building "dried in" by winter.



left: The far left back of the building will be the root cellar which can be used for storage of vegetables as well as herbs and herbal products. Note that there are no windows in this area. The front left portion will be a separate room which will have plumbing for processing herbal products.

Below: Attic space is 40' by 50' with a large room 16' by 40' in the center. The entire area can be used for drying herbs and the large room can be used for processing as well.

major step to forming a future for ISCOWP which is not totally dependent on your donations. Now that we have our own land to develop solely for the purpose of supporting ISCOWP activities, the goal is to develop it in a way that will provide LONG TERM support that is a showcase of self-sufficient activities based on the land and oxen.

Some of the funds (\$3,119.39) from the The 1998 campaign (12/97-12/98) for the Ox Power Herb Company enabled us to hire a contractor who cleared and leveled the original site for the Ox Power Herb Company processing building. Also, the driveway into the farm was widened and expanded to circle the old house. This way there are two means of access to the site. Gravel was brought in and laid on both roads. At this time we need to lay more gravel, as the original gravel has settled.

Actually, the contractor (John Hart) told us that we should wait 5 years to build on this site. The earth must settle properly, so that there is a stable earth foundation for the building. Because 5 years is a bit long, we decided on another area for the drying shed and processing and storage building. By viewing the



the herbs and herbal products. Adjacent to the root cellar is an area 15' by 20' containing a large sink and work area which can be also used for herbal preparation.

This building is to be the home for Balabhadra and Chayadevi. Therefore, it can be greatly dedicated to ISCOWP ac-

The original site which was excavated for the Ox Power Herb Company will be used to build a pole barn for the ox power traction implements. There is presently no cover or storage area for these implements and they are becoming rusty. Due to the widening of the driveway into the

(Continued on page 14)

CANNING-A Way to Preserve Your Food

Before freezers were around canning was the most popular method of preserving. In many cold climate households, especially in rural areas, canning is still the primary method of storing garden produce. An obvious advantage of canning is that there is practically no storage problem. You may can until your basement bulges whereas your freezer space is definitely limited. And you need only invest in a pressure canner and canning jars, both of which can be used over and over again, through many harvests.

If you are interested in preserving your food in this way and /or by drying, we recommend two books;

Ball Blue Book, Guide to Home Canning, Freezing and Dehydration
Published by: Alltrista Corp., Muncie Indiana 47305, Copyright 1995 Alltrista Corp.

Stocking Up, How to Preserve the Foods You Grow Naturally

Published by: Rodale Press, Emmaus, PA
Copyright 1997

EQUIPMENT

Many of the items needed for canning are readily available in a well equipped kitchen. Of course some special equipment is needed: home canning jars, two piece vacuum sealing caps, small canning utensils and the appropriate canner necessary for the type of food being canned.

Jars - Glass home canning jars, sometimes called Mason jars, are the only glass jars recommended for home canning. They come in a wide variety of sizes and styles. The jars are especially made so the home canning closures will seal well when the manufacturer's instructions are followed. The glass in the jars is tempered to withstand the heat of

the steam-pressure canner. Jars are available with regular and wide-mouth openings in sizes ranging from 4 ounces to one half gallon. Always select the size jar called for by the recipe, and follow the recipe processing time exactly.

Closures - The home canning two piece vacuum cap, a lid and band, comes in regular and wide mouth sizes. The set consists of a flat metal lid with a flanged edge, the underside of which has a rubber-like sealing compound, and a threaded metal screw

ring heat and bringing the food to an internal temperature of 240 F. Although purchasing a steam-pressure canner may be costly, it is essential if you are going to can low-acid foods.

Small Canning Utensils - Specifically designed utensils for home canning, while not essential, help make the canning process easier and safer. Most pieces are available where home canning supplies are sold or direct from a manufacturer of canning products.



Pictured here is some of the produce from our garden (beans, tomatoes, kale, beets, squash, potatoes, cucumbers, zucchini) which can be canned. The jars are some of the 156 jars of tomatoes that Lakshmi canned in the form of salsa, chutney, and sauce.

Jar lifter - Lifts any size home canning jar, is rubber coated for a sure grip and has a heat-resistant handle to protect hands.

Jar Funnel - aids in filling regular and wide mouth jars and is best made of plastic.

Plastic Spatula - helps remove excess air from the jar without damaging the glass.

Lid Wand - has a magnetized tip and plastic, heat resistant handle from lifting lids from hot water.

PROCESS

The process for each food varies but all have some similarities. Vegetables can be canned as part

of a recipe with other vegetables or alone. Fruits can be canned alone or as jams, sauces, etc. To give you an idea, the following is a description of canning a vegetable alone.

Canning Green Beans , Step by Step

1) Read recipe instructions; assemble equipment and ingredients before starting. Follow guidelines for recipe preparation, jar size, canning method and processing time. Do not make changes in recommended guidelines.

2) Visually examine canning jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Examine canning lids to ensure they

(Continued on page 14)

band that fits over the rim of the jar to hold the lid in place during processing. The lid is not reusable, the band can be reused if it is in good condition.

Boiling Water Canner - Foods high in acid (fruits) can be processed in a boiling water canner. The heat is transferred by the boiling water, 212F at Sea Level, which completely covers the jar and two piece cap by 1 to 2 inches. They are made of porcelain-coated steel or aluminum. They are available commercially at a low price.

Steam-Pressure Canner - Low-acid foods (vegetables) must be processed in a steam-pressure canner. The steam in the pressure canner circulates around the jar, transfer-

(Continued from page 5)
Letters

comes? Is Krsna specially pleased by that?

We know that Srila Prabhupada did not approve of a daily puja for the cows. But on Govardhana Puja is also Go-Puja -- "Go" means "Cow" (it even sounds almost like "cow") and "Puja" means "worship." So this is the day when Krsna advised to worship the cows. Balabhadra or Madhava Gosh or Syamasundara or Rohita prabhus could tell you whether the cows were worshipped on Govardhana puja while Srila Prabhupada was present.

Hare Krsna dasi
 Maine, USA

Letter to: Advaitacarya : 76-10-25
 Vrindaban

You are taking care of the cows. That is cow puja. Don't bother with anything else. Keep yourself in Krsna consciousness by strictly observing the regulative principles and chanting sixteen rounds.

Letter to: Syama Dasi : 69-02-21
 Los Angeles

Regarding your next two questions, you may not put the initiation beads on the cow. Nor is it necessary for grhasthas to recite the Gayatri Mantra aloud. It should be silent or whispered.

(c) 1991 by Bhaktivedanta Book Trust

Other sources: Prabhupada Nectar, Vol. 4, by Satsvarupa dasa Goswami, p. 11. (excerpt from a letter from Srutakirti dasa to Kirtananda Swami, September 27, 1972)

"While engaged in talking about New Vrindaban during Prabhupada's massage yesterday, I mentioned how we used to do cow aratis. At that point Prabhupada frowned. I asked if they were okay to do, and he said no. I asked if there was anything special to do for the cows. He said keep them clean, brush them nicely, bathe them, and also you can polish their horns and hooves."

The Supreme Lord, Krsna, desired to

utilize the opulent financial strength of Maharaja Nanda for worship of the cows, and also He wanted to give a lesson to Indra, the King of heaven. Thus He advised His father to perform worship of go, or the pasturing land and the cows, with the help of learned brahmanas.

PURPORT

Since He is the teacher of everyone, the Lord also taught His father, Nanda Maharaja. Nanda Maharaja was a well-to-do landholder and owner of many cows, and, as was the custom, he used to perform yearly worship of Indra, the King of heaven, with great opulence.

This worship of demigods by the general populace is also advised in the Vedic literature just so people can accept the superior power of the Lord. The demigods are servants of the Lord deputed to look after the management of various activities of universal affairs. Therefore it is advised in the Vedic scriptures that one should perform yajnas to appease the demigods. But one who is devoted to the Supreme Lord has no need to appease the demigods. Worship of the demigods by common people is an arrangement for acknowledging the supremacy of the Supreme Lord, but it is not necessary. Such appeasement is generally recommended for material gains only. As we have already discussed in the Second Canto of this literature, one who admits the supremacy of the Supreme Personality of Godhead does not need to worship the secondary demigods.

Sometimes, being worshiped and adored by less intelligent living beings, the demigods become puffed up with power and forget the supremacy of the Lord. This happened when Lord Krsna was present in the universe, and thus the Lord wanted to give a lesson to the King of heaven, Indra. He therefore asked Maharaja Nanda to stop the sacrifice offered to Indra and to use the money properly by performing a ceremony worshipping the cows and the pasturing ground on the hill of Govardhana. By this act Lord Krsna taught human society, as He has instructed in the Bhagavad-gita also, that one should worship the Supreme Lord by all acts and by all their results. That will bring about the desired success. The vaiçyas are specifically advised to give

protection to the cows and their pasturing ground or agricultural land instead of squandering their hard-earned money. That will satisfy the Lord.

===== REF. SB 3.2.32

The clouds give forth rain when they are impelled by the mode of passion, and cowherds prosper by protecting the cows. Furthermore, the cowherds' proper residence is in the forest and on the hills. Therefore you should offer worship to the cows, the brahmanas and Govardhana Hill.

===== REF. SB 10.24 Summary

Cows in Serbia Need Help

From: COM: SFCP Gopala (Paramesvari dd & Maha-ratha das - YU)
 <SFCP.Gopala@bbt.se>
 To: COM: ISCOWP (Balabhadra Dasa & Chaya Dasi - USA) <ISCOWP@bbt.se>
 Subject: from Paramesvari dd
 Date: Thursday, September 09, 1999 5:10 AM

Forgive me for not writing you earlier. I promised to inform you on the end of every month how much lakshmi I have collected. In two months, counting from the day of our return to Serbia I have collected DEM 50. The situation is really difficult here. No one has money. Everyone goes on the working place, but no one works. It is ridiculous for how little money the people are working the whole month. Everything is destroyed, the whole economy. There is no money and Yugoslavia is further under sanctions. Living becomes every day more and more difficult, especially in our town. Children started to go to school although no bridge is on the Danube and the crossing needs much time and is extremely unpleasant when it rains.

We, the four of us, had a Gopala meeting. There is no one else who would like to take part in this service. The temple has fallen apart, the devotees try to situate themselves materially to be able to live somehow.

Many of them have fallen, but there are also many who continue to practice bhakti-yoga despite all the tribulations.

We thought to ask you to inform us

whether we could keep this lakshmi we collect to be able to continue with our informative work, i.e. to write letters for our friends, take and send pictures of our cows, make photocopies of little leaflets, etc. We would also like to make a little party on Radhastami on the occasion of the fourth year of establishment of Gopala. We would invite only few friends and donors.

You know how is the situation there and whether it would be possible that we keep this lakshmi in order to continue our service. If not, please inform us, so that we include this amount also in payment for August.

We personally also struggle to be able to meet all the needs of a family. Children started to go to school. He also leads this prasadam business we do as much as we can, since there is so much difficulty to buy oil, gas, and many other things and bring them from one side of the Danube to the other on the bicycle, since the gasoline can be found only on black market and very expensive, and we have no money to reregistrate our old car. My husband manages further to maintain the family, but his salary is only enough for overhead expenses. I teach now in Radhika's school 1/3 of the time until they find a teacher for English. I have finished German language and it is so difficult to find a job with it, but I hope that I will be able to teach children privately.

Internally, the whole family lives together better than ever. We have got many realizations and can appreciate and help each other more by the mercy of Krsna. Lord Jagannatha is with us and accepts our modest services. He is our strength, our shelter and protector and He gives sense to our lives. We hope that better days will come.

We hope that you are all well. Please keep me informed how are you, how is Balabhadra Prabhu and the children. I very often think of you, especially when I work hard to meet all requirements. Please, be so kind and offer to Balabhadra Prabhu my most humble obeisances, my heartfelt thanks and ask him to pray for all of us. I wish to you much strength, success and Krsna's presence and blessings in all activities you perform.

Paramesvari dasi,
Serbia

(donations to help Gopal can be sent to ISCOWP address))

Little Report From Kazakstan

From: Hare.Krsna.dasi@bbt.se

To: Cow@bbt.se

Subject: Little report from Kazakstan

Date: Saturday, September 04, 1999 4:40 PM

We just finished harvesting 26 tons of wheat with an old Russian combine that was about 1 zillion years old. It was beautiful to see the golden wheat in the field, it was beautiful seeing it cut, the field is still beautiful and gold with the straw ... which we will start bailing in a few days.

Come whatever may ... we have 26 tons of wheat for the devotees and the congregation. We are building a storage room in the barn and after it is threshed and cleaned it will go there.

We are also drying eggplants for this coming winter. So far we have cut and strung around 200 kilos of the stuff. Now we are going to start on vegetable marrows. I had dinner with some Kashmirian people last night and they said in Kashmir they dry eggplants, marrows, and tomatoes and when the winter snows come they have fantastic vegetable preparations.

Green peppers are also being dried. We are going to dry tomatoes and the tomatoes are getting ready to made in to sauce for winter usage. Who can tell me the best way to insure the jars don't go weird and explode later on.

Around 12,500 cabbages in the field ... coming out at any time. That's a lot of methane gas from the brahmachari asram.

OOOOOOO ... I dug up the first of our potatoes last week. It was the first time I ever smelled a potato fresh out of the earth. I took them to be cooked for Gaura Nitai.

We are supposed to have a harvest of 20 tons of potatoes. We are digging a big big pit to put them all into ... also a pit for the carrots ... and a warm store room in the barn for the pumpkins.

Watermelons and cantaloupes are on the way. We got them in late so they will be ready by end of August.

Zillions of cucumbers getting ready to jump in the glass jars for the winter.

The devotees are working like crazy and are happy.

We are cooking only on wood and the cow dung paddy production will start this week. In the winter we want to have sufficient supply of dung paddies to cook till next May.

The electric transformer burnt 2 weeks ago. All candles and hand pump. We think we are going to leave it that way.

I searched the net for "making home made soap" and got some good info. There is plenty info out there. I will get someone to try it this week. Sunflower harvest is soon ... maybe we can use sunflower oil.

We are trying to fix up the main house, going to make a kitchen, bought a good cottage for the ladies, the men are still bathing in the lake, it is blazing hot in the days and cool at night and there is still some snow on the mountains.

Geez, plenty of worries, problems every day, working hard, but a little something is being done. We even got a donkey and the devotees named her Kundali.

Also found butter for around .90 cents for a kilo. We are going to make enough ghee to keep us through the winter ... maybe we'll make some of that special ghee soap that Miss Carol has been carrying on about.

It's an adventure and we are all relishing. Send us some blessings and if you are rich send us donations ... we are doing it all on an invisible budget.

BB Govinda Swami
Kazakstan

From: COM: Madhava Gosh (das)
ACBSP (New Vrindavan - USA)

To: Cow@bbt.se>

Subject: Re: [Fwd: Little report from Kazakstan ...]

Date: Tuesday, September 07, 1999 8:50 AM

> Green peppers are also being dried.

We are going to dry tomatoes and the

> tomatoes are getting ready to made in-

to sauce for winter usage. Who can tell

> me the best way to insure the jars don't go weird and explode later on.

Nice to hear someone is trying to get it together. Hope their crops don't spoil

before the storage is finished. Why dry green peppers? We let them ripen and then dry them. They are much more nutritionally valuable if let to ripen.

I don't understand the question about tomato sauce. There is a standard procedure for canning tomatoes that should be easily available.

We have 120 quarts of tomato sauce canned ourselves. That is starting with higher dry matter paste type tomatoes, removing the skins and seeds and cooking down to about 1/3 of original juice volume. Yes, we love pizza. Some we only cook down to about 2/3, then we have bought a bag of organic TVP, which lasts seemingly for years with no special treatment. We cook the TVP in the looser sauce, which absorbs the excess moisture. Add some beans and a little cayenne, voila! Chile. Also, some of the sauce is canned with tomatillos and peppers to use as a salsa.

Madhava Gosh
West Virginia, USA

Cows with Pox

From: COM: (Temple) Calcutta (India)
To: Cow@bbt.se
Subject: Date: Monday, August 30, 1999
2:04 PM

Our temple has a goshalla. Recently all the milking cows have developed pox. Some doctors suggested we should take the milk as it acts as a effective medicine. Others suggested we should avoid taking milk of cows suffering from pox as the germs do not die even after boiling up till approx. 7 days. Can u kindly suggest what we should do??? Thanking you in anticipation,

Sridam das
Calcutta, India

From: WWW: Rohita (Dasa) ACBSP
To: Cow@bbt.se
Subject: Cows with pox
Date: Friday, September 03, 1999 8:22 PM

Are those the cows at Jaganatha Mandir?

Cowpox:

Are there two questions you need to ask?
1. What should we do to help the cows?
2. Should we drink their milk to develop immunity to smallpox?

Treatment for cow pox:

I have not treated this problem but in

the past in America they used to treat with dock/elderberry salve and dowsed cows with garlic. A disinfectant is needed. If you have neem oil it could be used by massaging it in to similar effect or you can do the following.

Remove food from infected animals for a 24 hour period. At the end of that period they should be fed a diet that is made up solely of fresh cut forage. No grains, cakes or non-green foods should be fed. At the following morning milking the cows should be fed 1 bulb of garlic (*Allium sativum*,) that has been crushed.

The following salve should be made and massaged into the infected areas.

Part one: Take equal parts beeswax and nut fat, place under low heat, stir until the whole mass liquefies and becomes uniform.

Part two: In a small tin put some olive oil and 8 cloves of garlic, tie a cloth around it and put in to a pan of water and boil for two hours.

Part three:
Lower the heat and mix in the ingredients from part one then remove from the heat. The salve should be applied warm to the infected areas.

Disease prevention.

Following are some guidelines based on Ayurveda:

Cleanliness, no over-indulgence or under-indulgence, freedom from stress. The best way to avoid contracting any disease is proper hygiene, adequate rest, and a healthy diet including herbs, avoiding sugar, artificial ingredients and preservatives. Sugar weakens the immune system, increases the incidences of infection and the body's ability to protect itself from disease. Just 100 mg of sugar (8 oz of soda contains an average of 29 grams [2900 mg]) reduces immune function by 50% in one hour.

Building up the body's natural immunity and taking responsibility for any illness that may invade the body is more beneficial than being injected with foreign proteins and toxic substances. If the immune system is undermined and not allowed to handle disease in its own way, its ability to protect the body throughout

life is lessened. Disease tissue is not caused by germs. It attracts germs. Germs help decompose dying cells, so they may be eliminated by the body. Disease is the cleansing effort of the body, to rid itself of toxins and waste material.

April 18 1977 Bombay

Dr. Sharma: Even the smallpox vaccination that was discovered by Edgar Jenner in 1796, it was really from the cow pox serum they discovered. The first vaccination he used on his own son. (indistinct) People who were living with the cows, they were not affected by smallpox, though the people did not have a cow in the house, they were affected the most. So it protects from cow pox, small pox.

Prabhupāda: Oh, yes. Cow protection protects us from so many infectious diseases.

Dr. Sharma: Even the cows, they have habit to take the leaves along the banks of the river. The iodine content of the grass is so high. It has got iodine in that. So if you smear cow dung on the floor... It is said it is an obnoxious thing. There is tincture of iodine sold in the shops (indistinct). It is most unfortunate that we do not appreciate, the nature itself is giving us aids.

Prabhupada: We take it seriously because Krishna says. Krishna is our authority. He says, *kāñi-go-rakñya*. *Go-rakñya*: "You must give protection to the cows." This is authority.

Dr. Sharma: And the proper facility appears in the rights and democratic (indistinct). But we have a right to live on this planet. Why should we (indistinct) the right of another man?

Prabhupada: They are... They are... They are described in the *Bhāgavata*, *pāpinau*. Those who are killing other animals for maintaining his own body, they are very, very sinful. Very, very sinful. Therefore untouchable. According to Vedic civilization, the animal-killers, *mlecchas*, they are untouchable. They are so sinful.

June 10 1975 Honolulu

Prabhupada: Yes, does it mean smallpox

is stopped all over the world?

Harikesa: It's very much cut down. There's hardly any smallpox...

Prabhupada: Very much cut down, but it's very much increasing in another side.

Siddha-svarupa: No, no, they have smallpox.

Harikesa: In America there's no smallpox. So that means here...

Prabhupada: That is all right. It is due to poverty, uncleanness. So that is known to everyone. The smallpox takes place amongst the poorer class, unclean class. In India also, that is there. No gentleman's house, there is smallpox. Only these lower class, unclean.

Siddha-svarupa: Where there's no facility for sanitation...

Prabhupada: If you remain unclean, all diseases will come. Where is the cure?

Rohita dasa

Mississippi, USA

Dependant of the Oxen

From: Nistula das

To: Cow@bbt.se

Subject: Re: Dependant of the oxen

Date: Thursday, October 07, 1999 8:40 PM

>I was wondering in our whole ISKCON world is there even one family that is getting their livelihood from the energy of the ox. If they didn't have their oxen they couldn't make a living?

>

>Is there anybody who can say I am dependant on the ox for my living?

I don't know about any others, but at our farm at Pundarik Dham, Chittagong, Bangladesh (the birthplace of Sri Pundarik Vidyanidhi, see C.C.), we are completely dependant upon our oxen for our agriculture (plowing, hauling, gobar and part-time oil production). We produce all of our own grains (rice) and about 35% of our own vegetables, Dahl, etc. There are two families that look after the oxen (and cows), I imagine they could claim to be fully dependant and both them and the entire community would be very hard put to survive

without the oxen. There must be similar situations in other places, at least in the 3rd world, if not in the west.

Nistula dasa

Bangladesh

Ox Power - Ki Jaya!

From: COM: Madhava Gosh (das)

ACBSP (New Vrindavan - USA)

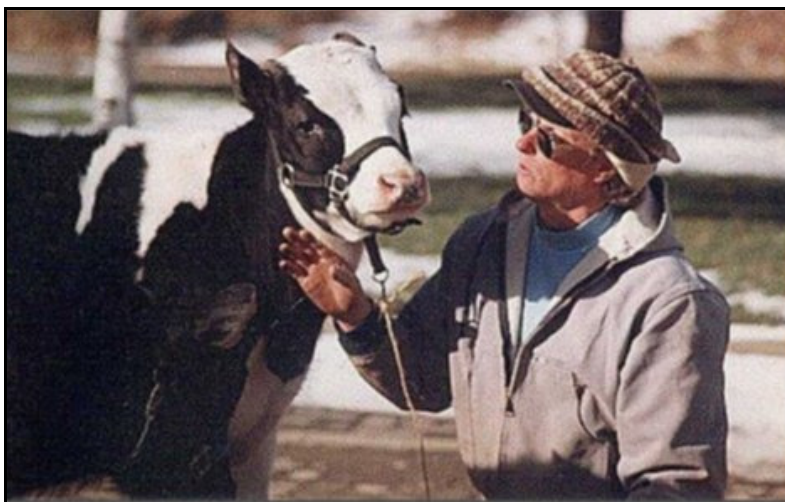
To: COM: Cow@bbt.se

Subject: Re: Ox Power - Ki Jaya!

Date: Monday, November 01, 1999

10:21 AM

> Our problem is that we've no ring, no suitable place at present for one, and basically he walks on a lead, behind us. He gets confused if we go behind him, so what do we do now anyone?>



Balabhadra establishes a loving relationship with Padma, who is now a working ox

I trained a team of oxen without a ring. In retrospect, I wish I would have had a ring, it would have made it easier, but while a ring is an excellent tool, it is not a necessity.

It is good you already have a relationship with the ox. It makes it easier. I used to go feed mine during japa. I would chant 6 rounds with them while they ate their grain. Every time before I fed them grain, I would whistle a certain whistle, then feed them. It wouldn't have to be a whistle, it could be any kind of a call, just one they would consistently associate with goodies (the grain).

Thereafter, anytime I needed them

and they were in deep woods or whatever, if I whistled they came. I put a regular halter on the near ox. As they were still small, I would say "Get Up" and then have my hand right on the halter and pull them forward. When I said "Whoa", I would pull back. They were small enough so I could physically overpower them, although usually, as we were good friends, they were eager to do what I asked, but if they balked from time to time, I could lean into them and force them to do what I wanted.

I also carried a gaff, which is a pointed stick with a sharp barb on it, somewhat like a sannyasi danda, so I could also poke on one side of the neck or by putting it over the back of the neck and pulling, poke on the other side too, depending which command I was giving.

Every day I had to walk 2 miles to Bahulaban to do my service, so the training pretty much consisted of walking down with them in the morning, and then walking back up at night. When they had done really well for a couple of weeks, I stopped using the rope tied to the halter, and just did voice commands.

Well, inevitably, they ran away. Fortunately, the trail was pretty defined, being an old logging road through the woods. Once they got down to the public road, they stopped and I

eventually arrived. I took the rope I carried with me, caught them, tied them to a tree, then in no uncertain terms and in a very loud voice I let them know that I was unhappy with them. I must of screamed for 5 minutes. Then I just walked away and left them there all day. When I was going home that evening, I untied them and walked them back up. They never ran away again.

(Continued from page 8)
ISCOWP UPDATE

farm and it now circling the old farm house, this area will provide excellent entry and exit access for the oxen when they get hooked up to their implements.

Stocking Up of Garden Produce

Growing your own food comes full circle when you come to the step of preserving your food for the winter or just preserving the excess for later use. This year we had our first garden at Vrajapura Farm. Lakshmi, our daughter, canned 156 quart and gallon jars of tomatoes in different preparations of sauce, salsa, and tomatoe chutney. She canned 43 quart jars of beans, kale, beets, peppers and relish made with green peppers.

One bonus from Mother Nature was the apples from the wild apple trees that are growing here on our farm. We now have 60 quart jars of applesauce, 30 pint jars, and 18 quart jars of cut apples in syrup from which we can make apple strudel.

Lakshmi found that the pressure cooker she was using was inadequate. Our neighbor, Madhava Gosh, had an extra adequate pressure cooker which we were able to use. For the ownership of the pressure cooker, Lakshmi traded 75 pounds of Bitter Melon. As you can guess, we had a very good crop of Bitter Melon and we are planning on planting more next year.

We did not have any drying space so we dried only a little quantity of the produce. We have 2 gallon jars of dried Bitter Melon, 7 jars of dried beans, 3quarts of dried chili peppers, 6 bags of Kale, and several bags of peppermint.

We have not dug up the potatoes yet as we have very little storage area. We have been digging them up as we use them. Next year about this time we should have a full storage and drying area which will allow us to prepare more food and herbs.

Construction of Vrajapura Village

Construction of living space on Vrajapura Farm has taken a lot of our time since most of the work is being done by us. Providing living space will increase the manpower potential for the farm. The modified earth shelter for Balabhadra and Chayadevi will serve also as the ISCOWP office, and the Ox Power Herb Company's

storage, processing and drying facility. Also, it provides a storage area in the form of a root cellar for the garden produce.

This increased living area, will allow Balabhadra and Chayadevi to move out of their son's home construction and allow him his own space. In addition, Lakshmi our daughter is building a stick frame cottage on the adjoining parcel (Vrajapura Farm consists of 3 parcels joined together). This living space will be available this December. Next to this cabin is a 1/2 acre flat area which is exposed to the sun almost all day. Lakshmi is planning on planting lavender there for herbal sachets, perfumes, etc. There is also a flat area (2 acres) next to the Earth Shelter that will also be developed into a

(Continued from page 9)
CANNING

are free of scratches and the sealing compound is even and complete. Check bands for proper fit.

3) Wash jars and two piece caps in hot, soapy water. Rinse well. Dry bands; set aside. Heat jars and lids in a saucepot of simmering water (180 F). DO NOT BOIL LIDS. Allow jars and lids to remain in hot water until ready for use, removing one at a time as needed.

4) Select fresh green beans which are young tender and crisp. Wash beans in several changes of water; lift beans out of water and drain.

5) Remove strings and trim ends. Cut or break beans into uniform pieces. Prepare only enough for one canner load.

6) Cover beans with boiling water; boil 5 minutes. Remove beans from cooking water.

7) Remove canning jar from hot water with a jar lifter; set jar on a towel. Add 1 teaspoon salt per quart or 1/2 teaspoon salt per pint, if desired. Carefully ladle hot cooking liquid or boiling water over beans, leaving 1-inch headspace.

8) Run a metallic spatula between green beans and jar; press back gently on beans to release trapped air bubbles. Repeat procedure 2 to 3 times around jar.

9) Wipe rims and threads of jar with a clean, damp cloth. Remove lid from hot water with tongs or lid wand. Place lid on jar rim with sealing compound next to glass. Screw band down evenly and firmly, just until resistance is met.

10) As each jar is filled, set it onto the rack in the steam-pressure canner. The canner should contain 2 to 3 inches of hot water; keep water at a simmer (180 F) until all filled jars are placed in the canner. Check the water level; add boiling water, if necessary.

11) Put cover onto canner and turn to lock lid in place. Adjust heat; bring water to a boil, leave vent open until steam has escaped steadily for 10 minutes. Put weight on vent.

12) Bring pressure to 10 pounds for altitudes at or below 1,000 feet above sea level. Keep pressure steady during entire processing period. Process pints 20 minutes, quarts 25 minutes. When processing is complete, turn off heat.

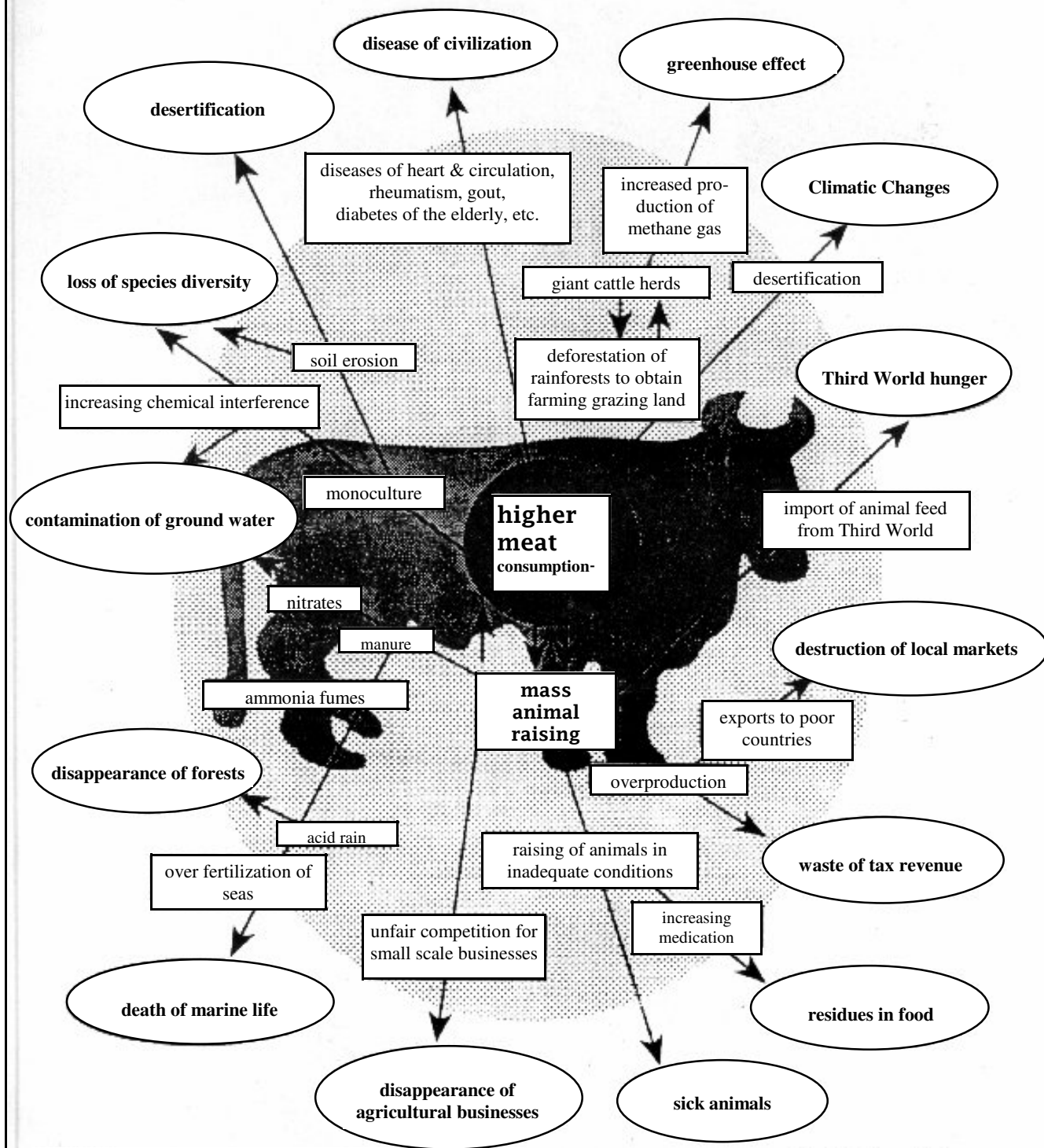
13) Let pressure return to 0 naturally. Wait 2 minutes to open vent. Unfasten cover; raise canner lid towards you, allowing steam to escape in opposite direction. Lift off cover. Let jars set in canner 5 to 10 minutes to adjust to the lower temperature. Remove jars from canner and set them upright, 1 to 2 inches apart, on a towel to cool. Do not retighten bands. Let jars cool 12 to 24 hours.

14) After jars are cooled, check lids for a seal by pressing on the center of each lid. If the center is pulled down and does not flex, remove the band and try to lift the lid off with your fingertips. If the lid does not flex and you cannot lift it off, the lid has a good vacuum seal. Wipe off lid and jar surface with a clean, damp cloth to remove food particles or residue. Label, store jars in a cool, dry, dark place.

Chart;

Laxmi Narain Modi, Secretary General of The Vegetarian Society of Delhi, sent us this chart of the detrimental effects of eating meat.

The far-reaching consequences of excessive meat consumption





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