

The VON merchandise catalogue

BOOKS ON GROWING

NEW REVISED EDITION! Growing Green - Organic Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. **£18.99 (or £11.50 if you're a VON member).**

This book is published by VON and is an essential reference guide for all private and commercial organic growers, researchers and students. This book introduces the concept of stockfree-organic and shows, through case studies, that when growers abandon the use of slaughterhouse by-products and manures they can be rewarded with healthier crops, less weeds, pests and diseases. The reader will be taken through each Stockfree-Organic Standard step by step and learn how to grow and sell 60 different vegetables with confidence.

NEW! Growing Sustainability by Dave of Darlington. **£8.50.** The book is a compilation of the writings of Dave of Darlington - a treasury of useful information for gardeners and farmers, gleaned from Dave's long experience and enhanced by well-informed thoughts on the ethics and politics behind farming.

Permaculture - A Beginner's Guide by Graham Burnett: **£8.00.** A guide on the principles of sustainability and working with rather than against nature on your land. Graham Burnett is a vegan permaculturist. New updated second edition, and now in colour.

Well Fed Not An Animal Dead by Graham Burnett. **£4.00.** A guide to the wider implications of veganism, including recipes and cookery guidelines, growing your own vegan organic food, food for free, vegan mothers and infants, and making your own alcohol!

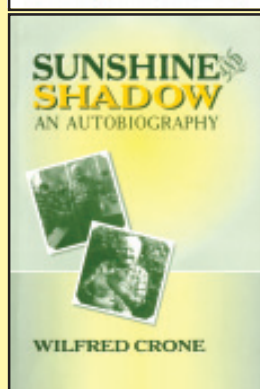
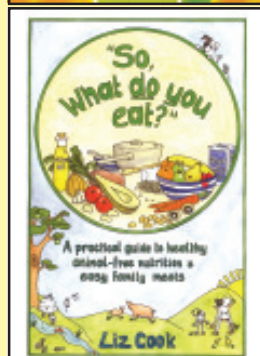
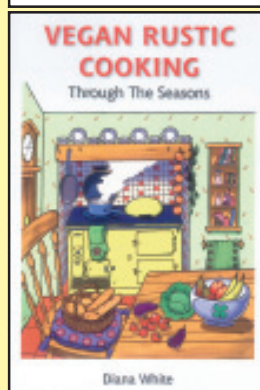
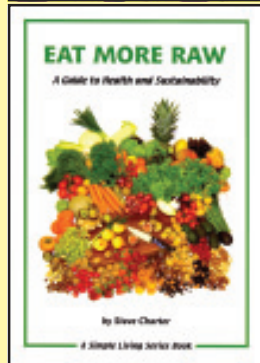
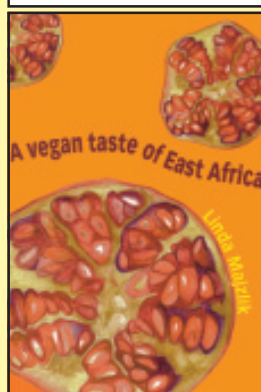
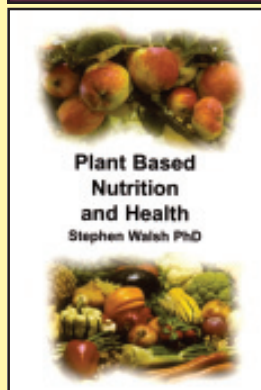
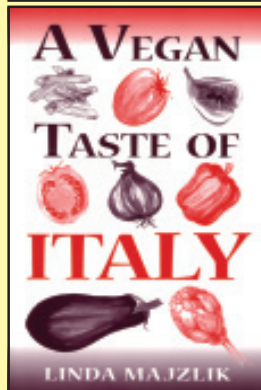
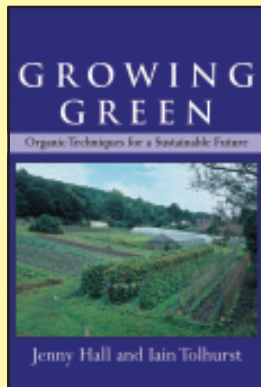
Earth Writings by Graham Burnett. **£9.00.** If you're not looking for the solution, you're part of the problem... get out there and Do It, with help from this book.

Towards an Ecology of the Self by Graham Burnett. **£3.00.** Explores the role of the 'personal' in permaculture design systems.

Happy, Caring, Healthy and Sharing by Graham Burnett. **£3.00.** An introduction to the green and compassionate way of Ecological Veganism.

BOOKS ON HEALTH

A Living Miracle by Pat Reeves. **£9.99.** The author was diagnosed with terminal bone cancer over 30 years ago. She fought it with natural remedies, and has since run marathons, triathalons, and is now a champion powerlifter. Vital information for anyone with cancer, or for those wishing to optimise their present health and longevity.



VEGAN SOCIETY BOOKS

Animal-Free Shopper 9th edition. **£4.99.**

Plant Based Nutrition and Health by Stephen Walsh. **£7.95.** Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.

FICTION BOOKS FOR CHILDREN/TEENAGERS

Organic Alice and the Wiggly Jiggly Worm by Jenny Hall. **£4.99.** For preschool and Key Stage 1 children complementing the National Curriculum. Readers discover an actual organic farm where wildlife characters are as real as the people. The author, Jenny, is a vegan organic farmer.

The books below are written/co-written by Mary Brady of the excellent vegan campaign group *Realfood* (www.realfood.org.uk).

Under the Stairs by Mary Brady. **£4.99.**

Aimed at Teenagers but popular with adults too. Deals with all aspects of animal rights, from veganism and anti-vivisection to zoos. Draws the parallel between abuse of animals and humans, but is also positive, showing a compassionate and cruelty free lifestyle.

The Umpteenth Dalmatian by Mary Brady and Steve Hutton. **£2.99.** Aimed at young children. The story of a Dalmatian puppy, who is very scared when someone buys her from the farmer, but is later reunited with her mum in this heart-warming book. Beautifully illustrated by Steve Hutton.

Tiger Fruit by Mary Brady and Steve Hutton. **£2.50.** A tiger lives in the heart of the forest, but at times his world edges onto human territory. What happens when human and animal worlds collide? How can children save a tiger? A sympathetic look at the life of a tiger, this story surprises the reader with the courage of some humans against the inhumanity of others.

COOK BOOKS

Vegan Rustic Cooking Through The Seasons (revised edition with 60 new recipes) by Diana White. **£9.95.** Published in Summer 2006. 194 pages, and over 160 delicious recipes inspired by the seasonal produce from the vegan-organic garden. The author, Diana, and her husband Peter both have an allotment and are active VON members. All of Diana's royalties for books sold through this VON merchandise catalogue will go to VON, to help fund our important work.

Vegan Feasts by Rose Elliot. **£8.99.** Rose has been writing vegetarian cookery books since 1967. This book has a good range of

recipes, varying from simple to sophisticated.

So, What Do You Eat? by Liz Cook. **£12.95.**

Spiral-bound so it stays open at the right page. Wipe-clean pages, making it a highly practical design for the kitchen. The recipes include vegan versions of conventional meals like shepherd's pie, pasties, pizza, pancakes and cakes.

The following books are written by Linda Majzlik and cost **£5.99** each. These books have often been reviewed in, and have been the source of many of the recipes in Vegan Views magazine. We stock the full series.

A Vegan Taste of Central America. A Vegan Taste of East Africa. A Vegan Taste of Eastern Europe. A Vegan Taste of France. A Vegan Taste of Greece. A Vegan Taste of India. A Vegan Taste of Italy. A Vegan Taste of Mexico. A Vegan Taste of North Africa. A Vegan Taste of Thailand. A Vegan Taste of the Caribbean. A Vegan Taste of the Middle East. Vegan Baking. Vegan Barbecues and Buffets. Vegan Dinner Parties.

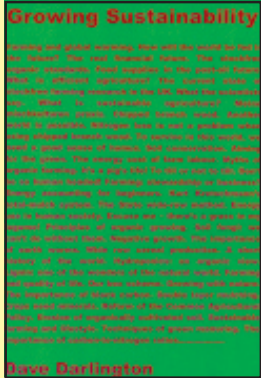
BOOKS BY HARRY MATHER

Looking for a Green World by Harry Mather (former editor of Vegan Views magazine).

£2.50. Self published by Harry in 1983, it covers ecology, animal rights, unemployment, the green movement, war and disarmament.

Sunshine and Shadow: an Autobiography

by Wilfred Crone. **£7.50.** Wilfred was a fruitarian and published many articles in Vegan Views magazine. He also wrote down



many of his stories, and they were discovered after he died. Harry Mather put this book together from them.

RAW FOOD BOOKS

Eat More Raw by Steve Charter. **£12.95**

VON BAGS

Brown. With handles, £3.50, two or more for £3 each. With shoulder straps, £4, two or more for £3.50 each. Strong and hardwearing, fair trade and organic, made from jute. Unlike a cotton bag, it is self-supporting which can be handy for bulky items. It's another way to spread the environmental stockfree message. Use it on your shopping trips to avoid all those plastic bags. Or you can make good use of them in your garden or on your plot.

WALL CHARTS

£3.25 each. Extremely popular and colourful wall charts by Liz Cook (88 x 18.5cm): Vegan Nutrition. Yoga. Women's Healing Herbs. Dogs. Natural Cleaning Solutions (NB: vertical format), and Seasonal UK Fruit and Veg.

SUBSCRIPTION

Let the Peace Dove carry your subscription gift! VON will send to the person of your choice their membership details, two Growing Green International magazines and your greeting on the Peace Dove card. Please send us their name and address together with your greeting and £18.00 for their membership. Remember to give us your name and address!



DVDS
Vegan-Organic Farming DVD. Introduction to Stockfree Organics featuring Ian Tolhurst. Free to VON members (donations welcome). Otherwise, please send a cheque for **£3.50** (includes p&p) to: Stockfree Organic Services, 58 High Lane, Chorlton-cum-Hardy, Manchester M21 9DZ, UK



Growing Green: Grow your own fruit and veg. £4.50 (includes p&p). The DVD is an inspiring demonstration of how you can feed yourself and your family from your allotment or garden using stockfree organic techniques.



Money raised from the sale of our merchandise supports VON and its stock-free message. Our thanks to October Books for supplying us with most of the books in our merchandise catalogue.

We try to keep everything in stock, so normally post your order within a few working days of receiving it. After we post it, Royal Mail normally take one to three working days to deliver it. If any items go out-of-stock, your order will take longer, so please allow up to 18 days. For urgent orders, please phone/email us first so we can check stock. We're environmentally-minded - we will post your order out in used packaging materials. Contact information: telephone: 023 8023 1770. Email: merch@veganorganic.net.

ORDERING & PAYMENT

Send the completed order form with your cheque/PO (UK currency only) made payable to 'Vegan Organic Network' to John & Ziggy (VON), 50A Macnaghten Road, Southampton, Hampshire, SO18 1GJ.

Sorry, but we cannot accept payment by credit/debit card, Paypal, or any other payment method. If you can only pay by credit/debit card and only want to buy books (but not T-shirts, bags or Dove Cards), you can instead buy them directly from October Books; they sell the same books - for their catalogue see www.octoberbooks.org/veg.

You can photocopy the order form or write it out on paper if you don't want to cut it out.

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	UK delivery is £2.50 for sub-total under £35, or free for £35 or more. Contact us for overseas delivery rates.		Subtotal
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