

No Shit!

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Lately I have seen a few times for example on consumer packages, fruit and vegetables are Vegan?! Then I think, of course they are..... What is not Vegan about fruit and vegetables? Certainly, when they 'Bio or Organic' as well. Lately I saw in the Dutch Television program 'Binnenste Buiten' a farmer explaining what 'organic Vegan agriculture' really means.

Organic means that you don't apply any form of pesticides. By using certain combinations of plants, you can avoid diseases for instance, so pesticides aren't really needed. The addition Vegan means that you don't use cow-manure. It is becoming increasingly clear that the soil structure by using purely cow-manure is not really good, too concentrated and diverse. Of course, that depends very much on what the cow has eaten, but even then, it remains an inefficient conversion of energy to eventually grow plants. Certainly, when you're Veganist, you don't use the cow-milk, because milk isn't Vegan. It is also becoming increasingly clear that cow's milk is not that healthy as it has always been claimed. In the end, to process Potatoes, Fruit and Vegetables you still need manure and a biocyclic Vegan farmer does that by using manure that consists purely of plant material. Usually that is chopped mixture of herbs and grasses.

I avoid the word 'animal' manure because in the case of producing vegetable manure it is not the case that no animals are involved. For example, worms and all kinds of microorganisms play a key role in converting plant material into manure, to be used to grow other plants which are for human consumption.

Recently there was a nice article in the digital Dutch Magazine 'Biojournaal' (1 Dec 2021, Author Izak Heijboer) in which Joost van Strien can be seen on a video and is quoted in the article. Joost van Strien is a Vegan farmer with a Biocyclic Vegan Certificate, his plants are 100% vegetable grown. He sells products under the brand: 'no Shit' (see his website 'www.Zonnegood.nl'). Let's embrace this man and this form of farming together to make our earth nicer and more sustainable again.

P.S. if people would sometimes think that I am also vegan or at least vegetarian? No, I'm not. I don't think we should all become vegans, personally I think that goes a bit too far. I'm not a vegetarian either but would like to be but can't do that well yet. Yes, I know, that's weak. I am full in buying Biological and Organic where I can. I did drastically reduce meat consumption and that was actually easier than I thought. Meat alternatives are now fully available, which helps of course. I respect and admire Vegans and Vegetarians in their endeavor, which is why I grasp every moment possible to support them in their endeavor as much as I can.