

Culture Vultures Meeting: 17.01.2023

That's when the b*** vegans take over": Images of vegans and veganism in popular culture" moderated by dr Katarzyna Burzyńska

Direct References from the PPP:

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- Fieldhouse, Paul. 1995. 'Psychological Aspects of Food Choice'. In *Food and Nutrition: Customs and Culture*, edited by Paul Fieldhouse, 184–205. Boston, MA: Springer US. https://doi.org/10.1007/978-1-4899-3256-3_9.
- Fortuna, Gerardo, and Natasha Foote. 2020. 'What's in a Name? Row over Veg-Meat Name Heats up in Europe'. www.euractiv.com. 26 June 2020. <https://www.euractiv.com/section/agriculture-food/news/whats-in-a-name-row-over-veg-meat-name-heats-up-in-europe/>.
- Gaard, Greta. 2017. *Critical Ecofeminism*. Lanham: Lexington Books.
- Haraway, Donna J. 2016. *Staying with the Trouble: Making Kin in the Chthulucene*. Duke University Press.
- Joy, Melanie. 2020. *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism, 10th Anniversary Edition*.
- PETA. 2011. 'Cows, Chickens, Fish, and Other Animals Used for Food'. PETA (People for Ethical Treatment of Animals). 17 February 2011. <https://www.peta.org/issues/animals-used-for-food/>.
- Selby, Gaynor. 2020. 'EU Rejects "Veggie Burger" Ban but Prohibits Dairy-like Names for Vegan Products'. Food Ingredients 1st by CNS Media. 2020. https://fif.cnsmedia.com/a/FPDvYShQ9__E=.
- Spurek, Sylwia. 2022. *Smród, Krew i Łzy: Włącz Myślenie, Bądź Zmianą*. Brussel: The Greens/EFA in the European Parliament.
- Vorst, Roanne van. 2021. *Once Upon a Time We Ate Animals: The Future of Food*. Translated by Scott Emblen-Jarrett. New York, NY: HarperOne.
- Winters, Ed. 2022. *This Is Vegan Propaganda: (And Other Lies the Meat Industry Tells You)*. London: Vermilion.

Other sources:

Books about the conditions of animals in industrial and organic farming, links between farming and climate crisis, ethical aspects of veganism etc.:

- Foer, Jonathan Safran. 2010. *Eating Animals*. New York: Back Bay Books.
- Gustafsson, Lina. 2021. *Raport z rzeźni*. Bielsko-Biała: Animi2.
- Gzyra, Dariusz. 2018. *Dziękuję za świńskie oczy: jak krzywdzimy zwierzęta*. Warszawa: Wydawnictwo Krytyki Politycznej.
- Hańderek, Joanna. 2021. *Filozofia wegańska*. Kraków: Centrum Kultury 'Dworek

- Białopradnicki’.
- Joy, Melanie. 2020. *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism*. San Francisco: Conari Press.
- Kapela, Jaś. 2018. *Polskie mięso: Jak zostałem weganinem i przestałem się bać*. Warszawa: Wydawnictwo Krytyki Politycznej.
- Herzog, Hal. 2011. *Some We Love, Some We Hate, Some We Eat: Why It’s So Hard to Think Straight About Animals*. New York: Harper Perennial.
- Kowalski, Orestes. 2022. *Go Vegan! 17 powodów, dla których porzucisz jedzenie mięsa*. Gliwice: Sensus.
- Leenaert, Tobias. 2017. *How to Create a Vegan World: A Pragmatic Approach*. New York: Lantern Publishing & Media.
- Lymbery, Philip. 2014. *Farmageddon: The True Cost of Cheap Meat*. London: Bloomsbury Publishing.
- Mason, Jim. 2021. *An Unnatural Order: The Roots of Our Destruction of Nature*. Brooklyn: Lantern Publishing & Media.
- Meijer, Eva. 2019. *When Animals Speak: Toward an Interspecies Democracy*. New York: NYU Press.
- . 2021. *Zwierzęta mówią. W stronę demokracji międzygatunkowej*. Translated by Aleksandra Małecka and Miłosz Biedrzycki. Okoniny: Wydawnictwo Drzazgi.
- Monbiot, George. 2022. *Regenesis: Feeding the World Without Devouring the Planet*. New York: Penguin Books.
- Singer, Peter. 2009. *Animal Liberation: The Definitive Classic of the Animal Movement*. New York: New York.
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- Winters, Ed. 2022. *This Is Vegan Propaganda: (And Other Lies the Meat Industry Tells You)*. London: Vermilion.
- Wright, Laura, ed. 2021. *The Routledge Handbook of Vegan Studies*. New York: Routledge.
- Voorst, Roanne van. 2021. *Once Upon a Time We Ate Animals: The Future of Food*. Translated by Scott Emblen-Jarrett. New York, NY: HarperOne.

Films on various platforms:

The conditions on farms and the reality of farm animal lives:

- The Earthlings* (2005) dir. Shaun Monson, USA
<https://vod.greenfestival.pl/v/ziemianie,205.html?sad=6085d33d1c05> (or here CDA
<https://www.cda.pl/video/495703ab>)
- Dominion* (2018) dir. Chris Delforce, Australia
<https://vod.greenfestival.pl/v/dominion,61.html>
- Hogwood: A Modern Horror Story* (2020) dir. Tony Wardle, UK (available on Netflix)

The environmental aspect (the destructive nature of farming on climate):

- Eating Our Way into Extinction* (2021) dir. Otto Brockway, Ludo Brockway
<https://vod.greenfestival.pl/v/smak-zaglady,500.html>
- Soyalism* (2018) dir. Enrico Parenti, Italy (<https://vod.greenfestival.pl/v/sojalizm-soyalism,161.html>)
- Cowsspiracy: The Sustainability Secret* (2014) dir. Kip Andersen, Keegan Kuhn (available on Netflix, Apple TV but I also found it here
<https://www.youtube.com/watch?v=UsigH2Skfdg>)
- Seaspiracy* (2021) dir. Ali Tabrizi, USA (available on Netflix)

Health:

Forks over Knives (2011) dir. Lee Fulkerson, USA (<https://www.forksoverknives.com/the-film/>)

(besides the film there is a cooking book and a website with tips on plant-based life
<https://www.forksoverknives.com/>)

The Game-Changers (2018) dir. Louie Psihoyos, USA (available on Netflix, Apple TV but I also found it here
<https://www.facebook.com/odmladzanienasurowo/videos/277825329964766/>)

What the Health (2017) dir. Kip Andersen, Keegan Kuhn, (available on Netflix, Apple TV but I also found it here
<https://www.facebook.com/odmladzanienasurowo/videos/277825329964766/>)

Polish Veganism:

Rzeczpospolita Wegańska (2021) dir. Sławomir Jankowski, Polska
(<https://vod.greenfestival.pl/v/rzeczpospolita-weganska,452.html>)

Wegańska Warszawa (2021) dir. Marcin Anaszewicz, Anna Izabela Spurek, Polska
(<https://vod.greenfestival.pl/v/weganska-warszawa,466.html>)

Books about ecofeminism:

Adams, Carol J. 2015. *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*. Anniversary edition. New York: Bloomsbury Academic.

Adams, Carol J., and Lori Gruen, eds. 2022. *Ecofeminism, Second Edition: Feminist Intersections with Other Animals and the Earth*. New York: Bloomsbury Academic.

Gaard, Greta. 2019. *Critical Ecofeminism*. Lanham: LEX.

Haraway, Donna J. 2016. *Staying with the Trouble: Making Kin in the Chthulucene*. Durham: Duke University Press Books.

Kimmerer, Robin Wall. 2020. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*. Minneapolis: Milkweed Editions.

Taylor, Sunaura. 2017. *Beasts of Burden: Animal and Disability Liberation*. New York: The New Press.

Books about vegan nutrition:

Campbell, T. Colin. 2016. *The China Study: Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health*. Edited by Thomas M. Campbell. Dallas: BenBella Books.

Campbell, T. Colin, and Nelson Disla. 2020. *The Future of Nutrition: An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right*. Dallas: BenBella Books.

Campbell, T. Colin, and Howard Jacobson. 2013. *Whole: Rethinking the Science of Nutrition*. Dallas: BenBella Books.

Recipes in Polish:

Jadlonomia by Marta Dymek <https://www.jadlonomia.com/>

Veganon by Paweł Ochman <https://weganon.pl/>

Recipes in English:

Vegaunary <https://veganuary.com/recipes/> - sign up and you'll get a cookbook, a budget meal plan, vegan starter kit, one pot meal plan.

Not exactly vegan but extensively outlining our hunter-gatherer past (dairy free and mostly meat free) as well as conditions in modern industrial farming, the extent of animal exploitation by humans:

Harari, Yuval. 2018. *Sapiens: A Brief History of Humankind*. New York: Harper Perennial.
Harari, Yuval Noah. 2018. *Homo Deus: A Brief History of Tomorrow*. New York: Harper Perennial.

For the unconditional love of nature, the interconnectedness of humans with the Earth, for the joy of interbeing:

Waal, Frans de. 2010. *The Age of Empathy: Nature's Lessons for a Kinder Society*. New York, NY: Crown.
———. 2020. *Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves*. New York: W. W. Norton & Company.
Wohlleben, Peter. 2019. *The Hidden Life of Trees: What They Feel, How They Communicate: Discoveries from a Secret World*. Vancouver: Greystone Books.
———. 2021. *The Heartbeat of Trees: Embracing Our Ancient Bond with Forests and Nature*. Translated by Jane Billingham. Vancouver: Greystone Books.
Wohlleben, Peter, and Jeffrey Moussaieff Masson. 2017. *The Inner Life of Animals: Love, Grief, and Compassion—Surprising Observations of a Hidden World*. Translated by Jane Billingham. Vancouver: Greystone Books.

Vegan Activist Channels and advocacy for policy change (with plenty of information):

Earthling Ed (<https://earthlinged.org/>) – if you sign up you get a free e-book about living vegan among non-vegans.

Green Rev Institute (<https://greenrev.org/>) – contact Dr. Sylwia Spurek and you can get your own copy of her book (or download an e-book from her webpage)

Anonymous for the Voiceless (<https://www.anonymousforthevoiceless.org/>) – chapters in most big cities in Poland.

John Oberg (<https://www.johnoberg.org/>)

Clair Smith and *Beyond Animal Platform* (<https://beyondanimal.com/content/about>)

ProVeg (has its own chapter in most countries (<https://proveg.com/>))

Otwarte Klatki (<https://www.otwarteklatki.pl/>)

Viva (<https://viva.org.pl/>)

Veg Fund (<https://vegfund.org/>) = grants for vegan advocacy