

Vegetarian  
In  
Progress

*This Month's  
SPECIALS...*

**Recipes:**

[Serious Eats](#)

**Reading:**

[Thanking the Monkey:](#)

[Rethinking the](#)

[Way We Treat Animals](#)



*"The time will come  
when men such as I  
will look upon the  
murder of animals as  
they now look upon  
the murder of men."*

*Leonardo da Vinci*



*The greatness and  
moral progress of a  
nation can be judged  
by the way its animals  
are treated.*

*Mahatma Gandhi*

# Compassionate Carnivores

VIP Monthly Newsletter

March 2014



## Hamburger: Have It Your Way

Do you know where your hamburger comes from? Actually, hamburger is courtesy of dairy cows. Dairy cows are continually impregnated to produce milk for their young, and of course, the milk is intended for human consumption. The cows have only a few months between the constant cycle of impregnation and birth. It is common practice to take away the baby from the mom within hours of birth. The calves experience extreme grief as they are separated from the mother and the cries from both mom and baby can be heart wrenching as they call out for each other, according to those who witness it.

The baby, if female, goes on to follow in her mom's fate, and if male, is sold for meat or crated to be destined to become a veal dish. People often connect that animals raised for veal are subjected to inhumane treatment, however, it is not commonly understood that veal production is a product of the dairy industry.

Almost all dairy cows are sent to slaughter after they are considered "spent". This animal who has spent their lives indoors, typically on hard, abrasive concrete floors, frequently connected to a milking apparatus, now experiences an end to their short life to become hamburger.

The lives of dairy cows end at less than 5 years old when their normal life expectancy is about 20 years.

### WHAT YOU CAN DO:

**The next time you want a hamburger, try the veggie option on the menu.**

Please remember to buy only cage-free eggs & to pass this email to your mailing list.

Thank you! Lois

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