Please Don’t Feed The Bears
by Asbjorn Intonsus

In the vein of the underground classic Say Not Oi cookbook, Please Don’t Feed The Bears compiles three issues of the previously self-published vegan cook zine with a range of tasty and simple animal-free dishes. The collection finally makes available these long-obscure fanzines originally published in the mid 1990s. Here you’ll find incredible recipes for stews, soups, sauces, noodle & bean dishes, baked entrees, deserts and more!

But far from bring just a vegan cookbook, Please Don’t Feed The Bears reads as a look into vegan lifestyle and underground culture. The book is thoroughly illustrated with eye-catching drawings and clearly laid-out graphics. In addition, the book also includes assorted rantings about music and the politics of leading a vegan lifestyle. Together the book provides easy-to-make and delectable recipes while reflecting the DIY punk rock sensibility of zine culture.

“There are a wide variety of interesting dishes in here, too many to even try and pick out a few favorites to mention. I’m so glad that after all of these years there is someone who has expanded on the groundbreaking idea of a political cook-zine for the un-gourmet, limited budget average punk.” - Profane Existence

“As a long-time veggie cook, I consider myself knowledgeable about such things and I’m very impressed with what’s presented here. The recipes are neither too basic nor too complex and offer lots of straightforward, non-intimidating advice” - Factsheet Five

“What could be better and more worthy of being in your kitchen. Seriously - this is rad stuff I highly recommend checking out.” - Slug & Lettuce

ABOUT THE AUTHOR:
Asbjorn Intonsus lives in Philadelphia, PA. He has been a vegan cook for more than ten years and is dedicated to sharing his and other people’s recipes.

ABOUT THE PUBLISHER:
Microcosm Publishing is an independent publisher and distributor based in Portland, Oregon. Our titles attempt to teach self empowerment to disenfranchised people and to nurture their creative side.