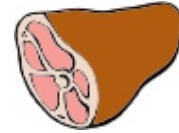




Open Vegans



What is an Open Vegan?

To understand Open Vegans it's necessary to know the history of Veganism. The Vegan movement was started in 1985 by a man named Pritchard Tallman, who believed that animals suffer too much for our way of life. It's from this beginning that the Open Vegan movement took shape.

In 1991, a man from Arkansas named Cletus Orville was reading about vegans, although he wasn't so interested in animals, only in having more vegetables in his diet. Inspired by the vegan movement, he created a website devoted to "Open Veganism" as a way to eat more vegetables.

How do Open Vegans differ from the original Vegan movement?

Today there are over 3 million open vegans registered on the original Open Veganism website. We think this popularity is due in part to our superior ability to create recipes using both vegetables and meat, rather than having extremist views about animal suffering.

We do of course admire Mr. Tallman's insight and drive to first create this way to get more vegetables into our diets, but in the end, a more "pragmatic" solution to dietary imbalance is better suited to our modern dietary age. Also we're less smug than the original Vegans, and we don't live in our mother's basements.

So here's to meat and vegetables working together towards a balanced Vegan diet- 3 cheers for Tallman and Orville, the founders of the Open Vegan movement!

(you can learn more at our website: Veganix.com)