



The best things in life are free.

Free Plant-based GOURMET meals. Community support. Powerful health changes in just 15 days.

Now, in Jefferson County, the best food in the world is free. Come and enjoy as the world renowned Master chef, Marlene Watson-Tara and the **Together Around Food** team serve 3 free meals a day.



Jefferson County



June 20 through July 4 2026

Locations: TBA



Queen of Beans

Marlene Watson-Tara

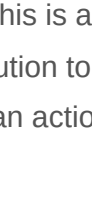
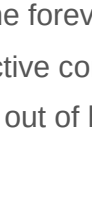
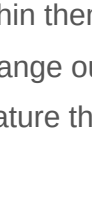
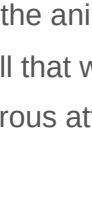
HELP birth the new food system of the future.

Heal the planet

Eat Plants

Love Animals

Plant Trees



DEAR FRIENDS

Together Around Food

The world is reminded daily about the reality of the environmental crisis that faces us. As we write this newsletter, huge portions of France, Spain, Italy and Canada are ablaze. These are forests and woodlands that will not return for decades, and the animal life within them is gone forever. This is a stark message to us all that we must change our collective contribution to the sad and dangerous attacks on nature that arise out of human action.

The world needs a revolution of the heart

The primary drivers of changes in the climate are the destruction of forests to feed animals and the associated damage of animal agriculture. We all must work to transform social behaviour away from destruction and sickness and into repair and health. It all starts with education and what we put on our plate. Spread the word about the power of food choices to change both personal and planetary health. We all have a role to play.

Climate Breakdown

The resistance to real change is never to be ignored. The unprecedented challenge to the natural environment continues to spiral toward total breakdown while we watch it on TV. We wring our hands and wait for governments to produce miracle solutions that do not disrupt our lives while continuing the behaviours that cause the problems. This strange cultural reluctance goes all the way to the top.

When nature becomes a security threat

For 14 years, Caroline Lucas served as the only elected Green Party member of Parliament. She was a strong voice for environmental protection and alternative energy policy. Having left government, she teaches and has become a public voice. Her latest endeavour is a Podcast on the state security threats of environmental breakdown presented on The Rest Is Politics platform. Her recent show was on water security, an international threat to society, agriculture and industry. We are running out of water.

Data centres can consume up to 5 million gallons of water a day

The discussion was heavy on statistics, but only a few are important. Only .05% of the water on Earth is usable and available freshwater. Growing populations and agriculture are the essential needs. New technologies such as the massive, planned AI data centres are voracious consumers of water. The plans for these centres are charging ahead unobstructed by government control and promoted by the oligarchs who benefit from them. The focus, as usual, is on the seemingly inevitable destiny of the problem and not the solution.

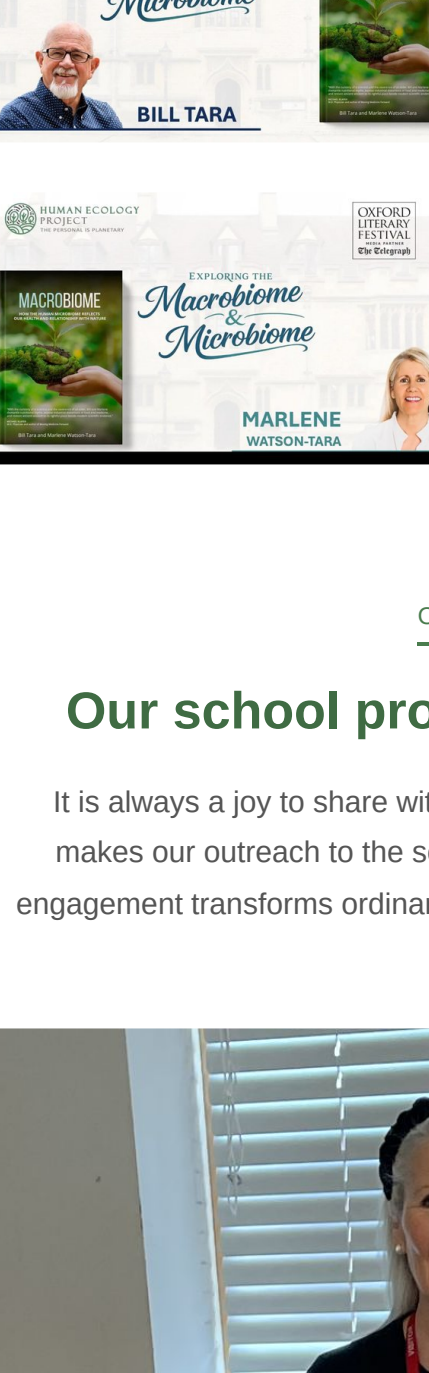
We are pumping water from underground aquifers faster than rain can refill them

Caroline and other environmentalists certainly know the main contributor to water shortages and pollution. It is the animal agriculture industry that lies at the heart of the problem. Up to 30% of agricultural water is used for animal feed, grain and direct consumption. One kilo of beef uses 15,000 litres of water compared to 4,000 for pulses and 322 litres for vegetables. The animal industry also produces 4 billion tons of excrement, polluting groundwater, streams and rivers. So, environmentalists, what to do? Stop hiding.

There was ZERO mention of this in any of her podcasts, which is the real problem: the TRUTH about our depleting water tables is animal agriculture.

Real social and cultural power rests with everyday people rather than distant leaders

The habit (more accurately the addiction) and rationale of animal protein is outdated and destructive. It is dishonest to ignore the essential and urgent need to turn sharply to plant-based eating. What is not needed are more apologies and half-measures such as "only once a week" or "only after six" or mostly vegan. Courage is required if there is a crisis, not hoping that a governmental or business saviour might appear.



MACROBIOME

HOW THE HUMAN MICROBIOME REFLECTS OUR HEALTH AND RELATIONSHIP WITH NATURE

"With the curiosity of a scientist and the reverence of an elder, Bill and Marlene dismantle nutritional myths, expose industrial distortions of food and medicine, and restore ancient wisdom to its rightful place beside modern scientific evidence."

Michael Klaper,
M.D. Physician and author of Moving Medicine Forward

We would be grateful if you would please share our two-minute video on our recently launched book **MACROBIOME: How the Human Microbiome Reflects Our Health and Relationship with Nature.**

Watch on YouTube

You can't wait for the system to change - change begins in your kitchen.

We have recently returned from a month teaching in the USA. This project, Together Around Food, was the idea of our friend and colleague Dr Sailesh Rao. I trained 15 volunteers from around the US to cook my food; the menus I created for this community project were from many of my books.

Bill and I made several presentations from our Human Ecology Project. We had fantastic feedback from participants who are now incorporating much of what was shared into their daily lives.

You will see from the following pictures what a success the event was.

LISTEN OR WATCH

Oxford University Events & Interviews

We had a fabulous time teaching and presenting at many different events this year at Oxford. It is such a wonderful opportunity for Bill and me to present to new and varied audiences at all of these events.



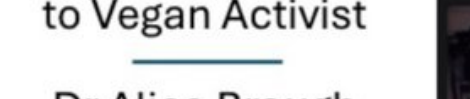
MARLENE WATSON-TARA

BILL TARA

Smart Ageing Summit, Oxford

Oxford Longevity Project Presentation with Bill Tara & Marlene Watson-Tara

Watch on YouTube



Interview with Sir Muir Gray and Leslie Kenny

Oxford Longevity Project

Interview with Sir Muir Gray and Leslie Kenny

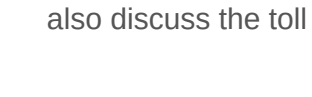
Watch on YouTube



Exploring the Macrobiome & Microbiome: Health from the Inside Out with Bill and Marlene

How The Environment Decides A Healthy Diet with Bill Tara

Watch on YouTube



Take Care of Your Microbiome for Physical and Mental Wellbeing

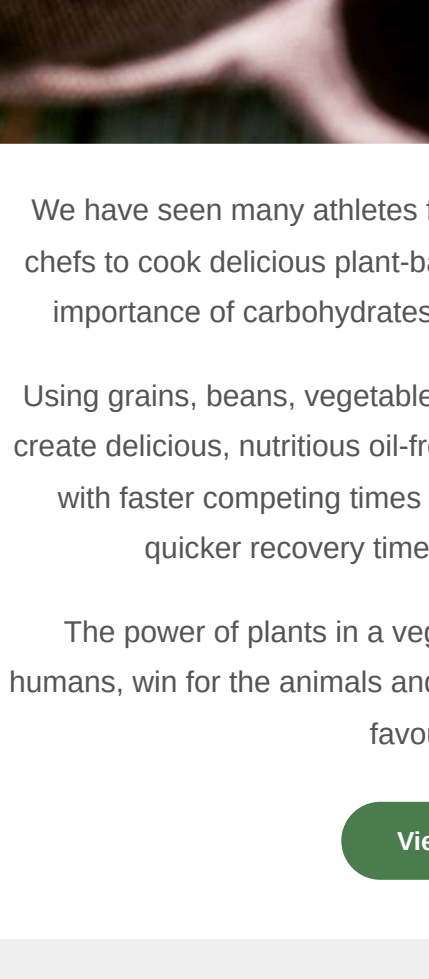
With Marlene Watson-Tara

Watch on YouTube

OUR SCHOOLS

Our school projects continue to grow

It is always a joy to share with you all that student and staff participation makes our outreach to the schools we visit so rewarding. Strong school engagement transforms ordinary visits into memorable, collaborative learning experiences.



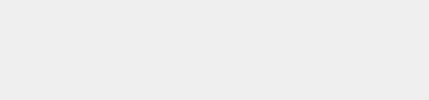
MACROBIOME

HOW THE HUMAN MICROBIOME REFLECTS OUR HEALTH AND RELATIONSHIP WITH NATURE

Bill Tara and Marlene Watson-Tara

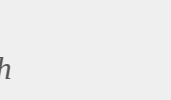
Active Participation

During the cooking sessions, students ask thoughtful questions, share bright ideas, and join in discussions. These three young men with Bill were asking him how they could become vegan chefs.



Shared Purpose

Dedicated teachers and leaders help turn simple activities into deep, lasting educational impacts. Even the head teacher and principals pop into the sessions.

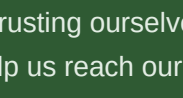
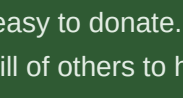
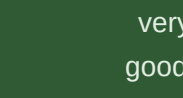


Cooking Plant-Based Meals

Some of the pupils were choosing recipes from my book to make and present as part of their final exams.

Cooking plant-based meals allows students to demonstrate complex, high-level technical skills required to secure top marks in practical cooking exams, preparation and nutrition.





Life-changing work

Shaping young minds, building strong local communities, and finding a fresh sense of personal purpose is the feedback we received. We encourage them all to download our [video/workbooks](#) to start their own study groups.

Download our Video/Workbooks

LISTEN OR WATCH

Meet Dr Alice Brough

HUMAN ECOLOGY PROJECT

THE PERSONAL IS PLANETARY

Registered Charity Number 1201615

From Pig Vet to Vegan Activist

Dr Alice Brough

Talks with Marlene Watson-Tara & Bill Tara

Dr Alice Brough worked as a pig industry vet for 4 years, during which time she witnessed the most horrific treatment of animals. She was shocked to discover that a commercial vet's life was nothing like the cosy TV portrayals. She talks about her journey to veganism and why she is now a leading campaigner to end animal cruelty. Her educational lectures are presented globally, and her wish to see the world adopt veganism is her mission. We also discuss the toll of being a pig farmer vet has had on her own health, physically and mentally.

Watch on YouTube

RECIPE

The Ecological Kitchen

We have seen many athletes for health counselling and I have trained their chefs to cook delicious plant-based vegan meals. Once they understand the importance of carbohydrates (complex carbohydrates) they are hooked.

Using grains, beans, vegetables from land and sea, fruits, nuts and seeds to create delicious, nutritious oil-free meals, they tell me they are in better health with faster competing times for marathon running and cycling AND with quicker recovery time than before they connected with us.

The power of plants in a vegan well balanced diet is immense. Win for humans, win for the animals and win for the planet. Here are two of my clients' favourite quinoa dishes.

View Quinoa Recipes

Please join us in service for a healthy world for humans and non-humans alike. We are all in this together and are powerful stewards of planet Earth; when we work in concert, good things happen. Spread the good news about healthy living. The world needs you right now. Stay well.

In good health

Bill and Marlene X

GET INVOLVED

Be a Changemaker

Our campaign goal and the link to our crowdfunding page are live. It is very easy to donate. Trusting ourselves, our intentions, and the goodwill of others to help us reach our target drives us both daily.

Donate now!

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