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Post: Vegans should respect plants too



Created by [Brittany Bunk](#) on 22-Jan-2022

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Content

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Omnivores claim that vegans don't respect plants - so if vegans do, there'd be one less excuse not to go vegan.

The definition of veganism is only for protecting animals. Still, that's not enough, because there are other lifeforms on Earth that get exploited too.

Shortcomings on the sentience stance

When up for a debate, outspoken vegans (like Joey Carbstrong) tend to use the idea of sentience to convey their point - that if something feels, it shouldn't be eaten. However, plants also feel and have sensory experiences, and likely other lifeforms too. The reason why we only say animals, is because that's what we researched and found, because a long time ago, people didn't feel that animals felt pain either and many still don't. It's our lack of knowledge that keeps us from our own sentience (understanding and feeling what others feel around us), not the other way around. Regardless of sentience, it shouldn't be the end-guide to how we approach avoiding exploitation and cruelty - because those two don't rely on sentience to be carried out. Sentience is just one factor that exploitation and cruelty negatively impacts.

Beyond sentience

- If something has a desire to live, we should try to let it live.
- Veganism can be violent, which reflects negatively on our psychology. To be more civilized, we should avoid causing potential harm and damage, both to what we know and don't know, regardless of how much it'll feel it - because we mentally process, and thus feel, it.
- Above all, once damage is created, it can't be undone. Regardless of something is considered alive or not, it should be preserved as much as possible - to not only wait until we know better on whether it's alive or not, but also to help out those that are alive in utilizing it.
- It's important to think about what's 'alive' and what's not, and what deserves respect and what doesn't. That should be the basis to think about kindness from. Maybe rocks aren't what we call 'alive', but they carry information with them, which is deserving of our respect. Some people feel that motion is considered 'living', so anything that is made of atoms would be in a sense 'alive', because atoms move. To me, anything that exists is considered 'alive', so it's our job to protect what we have and to avoid destruction as much as possible. We only have one Earth and everything's given one life. Whatever destruction happens gets etched in time, and we shouldn't have it located there, because then we etch destruction into the history of the universe, and that should be avoided, so we don't keep that 'alive' with what we do. Everything is precious, so we should hold that dear and give fairness to the innocence, as it doesn't deserve what it hasn't done wrong.
- we should do more research on what is alive or not, what has sentience, what exists in the universe (such as past the atom that gives everything 'life'), etc. so we don't make judgment calls for others from our own ignorance and choosing not to look further.
- We shouldn't harm our ancestors, as they're our family and we come from them - we are built of star material, so we shouldn't blow up stars, etc.

Being vegan can help plants out, but could also harm them (both as individuals and species). It's important to respect the life on Earth and understand how as a vegan, past just respecting animals.

The message: preserving something that's hard to recreate or is living for a long time are lifeforms is a priority, but removing something that deters plant growth (like damaged leaves) that has quick regeneration (like leaves) or isn't part of the plant anymore (like fruit, fallen leaves, pollen, etc.) is helpful to plants and should be what's should be sought to help them out



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