

勸素食

秋來霜露滿東園，蘆菔生兒芥有孫；
我與何曾同一飽，不知何苦食雞豚。

——宋 蘇軾



Exhortation to Vegetarian Eating

-- Su Shi (Song Dynasty)

In autumn, frost and dew cover our eastern fields;
We harvest mustard greens and turnips galore,
My friend and I already ate our fill,
Why bring pain to chickens and pigs?