

CANADA Earthosaver

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www.EarthSave.bc.ca

Soil Depletion and How You Can Help Avert the Looming Food Crisis

By Dave Steele

Our lives are deeply rooted in the soil. That's no mere analogy. It's true. Our food comes from the soil. Our clothing comes from the soil. We even live on the soil. Since the advent of agriculture we've been exploiting the land to feed ourselves. And often we've been less than careful about it.

Historically, we humans have exploited our land to the point of exhaustion then moved on. The Anasazi of the American southwest would farm an area for a few decades then farm new land as the old lost its capacity to feed them. Many tropical societies do the same today. Problem is, eventually you run out of new land to move onto. The Anasazi ran out. So did the Easter Islanders. Their societies collapsed. Even the birthplace of modern agriculture has been far from unscathed.

Roughly 10,000 years ago Western agriculture was born in the 'fertile crescent,' an area centered around what is now known as Iraq. Most of the crops we eat today have their origins in that area. Grains, beans, peas, carrots — they're all

derived from plants indigenous to the fertile crescent. Iraq was the richest, most innovative society on earth. Today, though, the fertile crescent is anything but fertile. Deforestation led to soil erosion; salts poisoned the soil as irrigation waters evaporated away. Now, much of Iraq is desert.

And it's not alone. Haiti, Somalia, Rwanda, Iraq, Afganistan, Pakistan, Indonesia, the Phillipines — the list goes on and on — are all dealing with severe problems of environmental damage and overpopulation. According to the UN, worldwide some 25 million acres of prime agricultural land are lost to erosion, salinization, etc. every year. Even in relatively healthy farmlands of North America, the topsoil is slowly disappearing. About 1 mm is lost each year. And much of the soil that remains is losing its nutrients. Where the nutrient content of the soil falls, crop yields and nutritional value fall with it.

So many of our productive soils are now dependent on artificial fertilizers that, if we were to experience a serious oil crisis, it is doubtful that even we could feed our-

change our ways.

Fortunately, we still have time, but not a whole lot of it. We can rescue ourselves. It will take serious effort on our part and on the part of those around us. We're going to have to change our farming practices. We're going to have to change our habits as 'consumers.' We must live more simply. Seriously, we're going to have to reduce our fertility as well and slowly reduce our population. Either we take advantage of our intelligence and human compassion or nature will do it for us — in a very, very unpleasant way. Here's a list of actions you can take to help ensure rewarding, healthy lives for all of us:

- 1. Buy organic or biodynamic.** These methods of agriculture, at least as practiced on smaller family farms, actually build soil over the years. This applies not only to food, but to clothing, too. The Organic Consumers Association (www.organicconsumers.org) has lots of useful information, www.organicconsumers.org/organic-cotton.html specifically for clothing.
- 2. As always, eat low on the food chain.** It takes many times more grain (and, thus, more soil nutrients) to eat meat than to get the same protein yourself directly from plants.
- 3. Practice birth control.** If we want a lot of humans to experience the joys of life on this planet, it is far better that we spread them over many, many generations than crowd them all into a few miserable ones.
- 4. Live simply.** As much as possible, live

selves. We've used oil to replace some of the nutrients that we've taken from the soil. Oil — energy stored over millions of years — has allowed us temporarily to prosper well beyond normal the limits of the earth. We can't do that forever. We're going to have to

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Letters to the Editor

Submissions of articles and letters are gratefully accepted. Please send your contributions to newsletter@earthsave.bc.ca.

To the Editor,

Along with the destruction of the rights of people to keep their own seed free from GE contamination, the attack on birds in the Lower Mainland is also a major erosion of the rights of humans to live free and without fear. If the Marketing Board, supported by the Government, is allowed to act as they are now doing, I believe they will set a precedent that will allow them to attack more rights in the future.

A lot of inaccurate information is floating around about the events taking place. We, in the midst of it, have first hand information. Many people in this valley are afraid and won't go to information meetings because they are afraid of being identified. Planes and helicopters are constantly overhead. Agents are going door to door to get information from neighbors about people who are attempting to protect their birds. The feeling of many people is that we are living in WW2 Germany with the Gestapo.

I know one woman over 80 whose birds are her "children" and she lives for them. She has birds so old she has little nests to keep them comfortable in their old age. She has swans and an emu she talks to, a duck that follows her everywhere and rides on her wheelbarrow. When it was a duckling she wrapped it in a towel and took it to bed with her to keep it warm.

She is not alone, many people feel that members of their families are being threatened. None are sick birds. The disease is confined to a few overcrowded commercial meat operations on the south side of the river and being spread by human inspection agents while they inspect the birds. The meat industry's only concern is getting back into production as quickly as possible. They are attacking private people's birds on the chance that a wild bird or and inspection Agent has spread the disease and so would delay their return to business. They have so far abandoned the original idea of wiping out all the wild birds, and have exempted canaries and budgies. The emotional toll to people is of no consequence to them. The meat industry will have compensation for lost meat. Love has no value to commerce, in any case, what is three dollars even if family pets were included in the compensation, when there

is the pain of loss after the fear and stress of trying to protect their birds. There is a \$4000.00 fine for people caught trying to get their birds out of danger by removing them from the area.

Some people will not wait for their birds to be taken. The birds are first tested for disease, but not gently, for example, in Hatzic, a man's pet hen was stabbed with a needle eight times. When they failed to get blood the bird was killed. Some people plan to destroy their own birds if they can before the agents arrive, in order to prevent the birds having to suffer the terror of being stuffed into cages and removed to a concentration camp to be gassed. Birds tested and found to be healthy (all except a tiny core), will be stolen and processed into animal food. Perhaps the proceeds will go towards paying for this horror.

This latest attack on freedom and security involves only a few thousand people. If they are allowed to succeed where will they strike next? Will all organic birds be unnecessarily destroyed and just commercial birds be available? Ironically, commercial birds are the only sick ones! Humane organic egg producers and even organic gardeners have little commercial value, if they are in the way of a large industry.

- Name Withheld by Request

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with what already exists. Houses, bicycles, whatever. In this unequal world, it leaves much more for others to subsist on. And drive as little as possible. We're going to need the oil you save to ease the transition towards more a sustainable agriculture sustaining a more sustainable population. If you must drive, try to drive the most fuel-efficient vehicle you can.

5. Spread the word. This is important. Speak to your friends. Support others and organizations working to get the word out - like EarthSave.

Some of these suggestions may mean economic hardship in the short term. Unfortunately, ours is a sick society founded on greed and unsustainable growth. It will be painful to break free from that hold. But either we do so on our own or, very, very likely, nature will sooner or later force us to do so.



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Canada EarthSaver

EarthSave Canada is a non-profit, educational organization dedicated to educating the public about the effects of food choices on the environment, personal health, and animal compassion.

EarthSave International, which was founded in California by John Robbins, was founded in response to overwhelming public support of his ground-breaking book, *Diet for a New America*.

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Submissions

Editorial submissions are welcome and must be received no later than the 1st of the month preceding publication. Advertising submissions must be received not later than the 15th of the month preceding publication. Articles may be edited where appropriate. If possible, please submit your material by e-mail to newsletter@EarthSave.bc.ca.

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Advertising

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Defending Babies and Beasts: One Argument for Animals Rights that Everyone Should Know

By Dave Way

Last year Professor Daniel Dombrowski of Seattle University was a guest speaker at an EarthSave potluck. He presented two quite simple arguments in favour of animal rights. Or, if one doesn't like that term, philosophically sound reasons for considering the welfare of animals. I will lay out the Argument from Marginal Cases (AMC) which was the subject of an entire book Dr. Dombrowski wrote, *Babies and Beasts*. Even those not in favour of animal rights would benefit from being familiar with his first argument as it has implications for the welfare of these 'marginal humans' who might be our children or relatives. In the following I do not imply that these individuals are less valuable in any way. Dombrowski begins his book with a commonly accepted 7 point outline of the AMC (from L. Becker):

1. Many other species have 'interests' in avoiding pain and in seeking pleasure and satisfaction.
2. Infants and some 'marginal' humans (comatose, profoundly retarded) only have interests in the same way as these other species. These marginal cases lack normal adult qualities of purposiveness, self-consciousness, memory, imagination and anticipation to the same degree that other species lack them. (For example, a 2 month old human cannot anticipate that the sun will rise each day, while it is possible that some adult nonhuman adults do expect it.)
3. So, in terms of the morally relevant characteristic of having interests, some humans must be equated with members of other species, rather than normal adult human beings.
4. But this goes contrary to standard societal values: we do not treat infants or brain-damaged adults as we would live-

stock or lower animals. We would find it morally repugnant to raise infants as food, use them in experiments, or buy and sell them as chattel.

5. But it would be morally inconsistent and therefore irrational to treat these two groups differently if there is no morally relevant characteristic that differentiates them. So we would be bound to either treat these humans as we do the animals or treat the animals as we do these humans.

6. There is no such characteristic which separates all humans from all other animals. Sentience, rationality, personhood all fail the test. None is held by all these marginal humans. Theological doctrines are unverifiable and are therefore irrelevant to a philosophical argument.

7. Therefore we are unable to give a reasoned justification for the difference in ordinary conduct toward some humans

versus some other species.

Not all philosophers agree with the argument above. Some dispute one or more of the points. Some agree with each individual point but come to different conclusions. The philosopher R.G. Frey has concluded that some humans can be treated like animals.

However, most of us, if we follow the logic above, would conclude that we must ensure that all animals be treated as we would treat human infants or other marginal cases in terms of recognizing their interests. We would not of course treat animals the same as infants, dressing them in diapers for example, as animals' interests differ. Overall, the Argument from Marginal Cases can help to clarify the moral and immoral positions we take on animals and others.

Top Ten Power Foods

Adapted from *Staying Alive! Cookbook for Cancer Free Living* by Sally Errey

1. **Apples** — Studies show that apple skins inhibit the growth of cancer cells.
2. **Asian Mushrooms** — Shiitake, reishi and maitake mushrooms boost the immune system.
3. **Beans** — All types of legumes contain a protective fibre that helps eliminate toxins.
4. **Blueberries** — This beloved berry packs a powerful punch of antioxidants.
5. **Brown Rice** — The phytonutrient, lignan, in this and other whole grains has anti—tumour effects.
6. **Carrots** — Keep the skins on for extra absorption of protective antioxidants.
7. **Cruciferous Vegetables** — This family including, broccoli, cabbage, kale and the like, are famous for their cancer-prevention properties.
8. **Flax Seeds** — Research shows, when ground and eaten daily, flax will slow tumour growth in breast cancer patients. These seeds are also active disease fighters.
9. **Garlic** — This strong-smelling food is also strong when it comes to cancer-fighting and immune-supporting properties.
10. **Ginger** — An aid for nausea, this herb is also a helpful in fighting cancer.

Recipe for Healthy Living

The recipe below has been adapted from *Staying Alive! Cookbook for Cancer Free Living*, by Sally Errey, available from the EarthSave library.

Mild Curried Ginger and Carrot Soup

Scientists have found that cooking and pureeing carrots increases the availability of their antioxidants more than three times. Keeping the outer skin on carrots (as with other fruits and vegetables) retains numerous extra cancer-fighting compounds. Carrots belong to the “umbelliferous” group of foods, which contain rich sources of plant chemicals including beta-carotene and canthaxanthin.

2 tsp (10 ml) olive oil
2 cloves garlic, finely chopped
1 medium yellow onion, chopped
2 Tbsp (30 ml) ginger root, grated or minced
1 tsp (5 ml) ground coriander
1/2 tsp (2 ml) ground cumin
1/4 tsp (1 ml) curry powder
1/4 tsp (1 ml) salt
1/4 tsp (1 ml) pepper
4 cups (1 L) carrots, chopped
3 cups (750 ml) vegetable stock
2 cups (500 ml) low fat milk or enriched soy milk
1/4 cup (60 ml) chopped fresh cilantro

In a large saucepan, heat the oil and over medium heat cook the garlic, onion, ginger root, coriander, cumin and curry powder, salt and pepper. This releases the aroma of the curry. Cook until onions are soft, five to ten minutes. Stir in the carrots until well coated, add the stock and bring to a boil. Reduce heat, cover and cook until carrots are very soft, 20 to 30 minutes. Turn the heat off. Using a hand blender, carefully blend the soup until creamy. (If no hand blender is available, transfer the soup in batches to a blender. This gives best results if you're having company over.)

Return the pot to the heat and add milk or soymilk, reheat gently until just hot. Serve in bowls and decorate with cilantro.

Serves 4.



Come out for the best **Taste of Health** show ever, expanded to a two day event, August 14 and 15th. New this year is an Asian theme, featuring many examples of vegan Asian cuisine, as well as many other ethnic cuisines.

Located at the Chinese Cultural Centre, we will have access to the public part of the gardens and reduced entrance to the paid section. **Taste of Health 2004** will feature a farmers market, cooking demonstrations, Tai Chi demonstrations in the courtyard, Try it and Buy it Section, Silent Auction, Restaurants and Speakers. Reduced entrance for members with valid EarthSave member card. Children 12 and under free.

EarthSave Launches Internet Forum!



Visit our website and check out our new internet forum. Hook up with others with similar interests, find out about events, or discuss issues. Make friends and have fun! Go to www.earthsave.bc.ca and click on the forum link.

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Ask Nancy

EarthSave Past President, Nancy Callan, answers your veggie related questions



Q: Many people claim that vegetarianism leads to more inner peace. But Hitler was a vegetarian, wasn't he?

A: According to historian Rynn Berry, in his new book *Hitler: Neither Vegetarian Nor Animal Lover*, contrary to popular belief, there is absolutely no evidence that Hitler was a vegetarian. Although Hitler might have occasionally gone on vegetarian binges in an attempt to deal with chronic excessive flatulence, among his favorite treats were liver dumplings, ham, and caviar. Organ meats don't usually rank highly in the diets of vegetarians.

As for a vegetarian diet leading to more inner peace, there is some reason to believe this may be true. A high-protein meal provides many amino acids which compete with tryptophan for entry into the brain, resulting in less tryptophan passing into the brain and a decrease in the synthesis of serotonin. A low-protein, carbohydrate-rich diet results in the highest levels of serotonin in the brain, because fewer large-molecule amino acids are competing with tryptophan to enter the brain. For most, this means less hyperactivity, anxiety, depression, and insomnia.

It is well known that women who suffer from PMS often crave foods high in carbohydrates at this time of the month. Chocolate anyone? Numerous studies, involving high carb, low protein meals, have shown benefit for PMS sufferers and have concluded that cravings for high carb foods during the late phase of the menstrual cycle may constitute the body's natural attempt to self-medicate and elevate mood. These findings run counter to much of the advice given to PMS sufferers over the past twenty years to ignore cravings and avoid high carb foods. What a concept: listening to your body's natural wisdom! Similar benefit from low

protein, high carb meals has been experienced by sufferers of Seasonal Affective Disorder. Ideally, choosing more complex carbohydrates should help to regulate the blood sugar, maintain a steady flow of tryptophan in the brain and keep us all feeling mellow.

Q: Do vegetarians taste better?

A: If you are looking for yet another reason to go veggie, this might be it. Word on the street is that yes, vegetarians do taste better. And, although no double blind controlled studies have been conducted, in general, nutritionists say that alkaline-based foods, such as meats and fish, produce a bitter taste and acid-based foods, such as fruits, give bodily fluids a sweeter flavor.

Pineapple is at the top of the list of recommended foods, followed by plums, nectarines, oranges, lemons, limes, mangos, grapefruit, kiwi, celery, green tea, parsley, peppermint, spearmint, and, unfortunately, cilantro.

Dairy products, which contain a high bacterial putrefaction level, are said to create the foulest tasting fluids by far. Also to be avoided are asparagus, chicken, red meat, garlic, onions, broccoli, cauliflower, brussels sprouts, greasy food, coffee, chocolate, caffeine, cigarettes and chemically produced liquors.

Based on these recommendations, it would seem logical to conclude that strict Mahayana Buddhists, because of their avoidance not just of dairy but of what Buddhists call the 'Five Pungent Roots' (onions, chives, leeks, shallots and garlic), may, in fact, taste the best.

Send your questions to Ask Nancy at newsletter@earthsave.bc.ca

Review of Italiana Festività: Raw Food Dine-out with Chef Martin Faucher

By Silvia Wilson

The room at the Vancouver Environmental Information Centre was transformed with tablecloths, candles and vases brimming with fresh bouquets of cherry blossoms. The air was filled with the strains of Italian music 'Con Te Partiro' by Andrea Bocelli. Raw Chef Martin Faucher welcomed us and told us what delectable delights were in store for us before we proceeded to dine.

Antipasto al Martino, a colourful and tasty vegetable salad containing mushrooms, grape tomatoes, olives, walnuts, red onions and other vegetables was followed by minestrone. A tasty 'tomato-y' soup made of a celery, carrot and tomato juice base with zucchini noodles and fresh herbs, it was served with slightly sweet crackers made of carrots, buckwheat, almonds and red onions.

Grezzo Pasta followed, made of butternut squash and zucchini with a raw tomato-based marinara sauce. In my dining experiences, no canned or cooked sauce could rival the taste!

Torte Rosso di Formaggio, the dessert, was a light creamy cashew cheesecake topped with a raspberry topping whose flavour was so raspberry my taste-buds were dancing! Before cutting the cake, Martin showed us how beautifully he had decorated it. It looked too nice to cut up but I'm glad he did because it was a scrumptious finish to this Raw Italiano Festività dinner.

If you haven't dined at one of Martin's exquisite ethnic raw gourmet dinners, I recommend you try one ASAP. Martin creates his dinners with ethnic flair, flavours and colourful creativity.

Calcium — Are You Depleting It?

By Kathy Nowak, RNCP, RHN

Lately, everybody is concerned with calcium — and for good reason! Calcium is one of the most important minerals found in the body. It tends to be a good overall marker of mineralization in the body.

Many people have heard that they need to supplement their calcium, and they are concerned with which supplement to take. Supplementing calcium is one way to obtain a higher level of calcium in the body, but it may not be the best way. By supplementation, calcium may be in the blood, but not be transferred to the bones where it will benefit you. However, calcium isn't just for the bones; it adds strength and structure to every cell and tissue in the body.

By following these 3 recommendations, some people may never have to buy costly calcium supplements again.

1) PREVENT CALCIUM LOSS

Oxalic acid is in many plant based foods — spinach, rhubarb, chard, cranberries, beet greens and plums. It inhibits calcium uptake and bone growth. Cook leafy greens to neutralize oxalic acid.

Phytic acid: a phosphorus compound in nuts, grains and seeds — needs to be neutralized by soaking or it pulls calcium, iron and zinc from body.

Limit alcohol and coffee. Both encourage the excretion of calcium.

Exercise "Muscle loss precedes bone loss" If you're losing muscle, you're losing bone. Increase exercise and add weight-bearing activities.

2) NATURAL WHOLE FOOD SOURCES OF CALCIUM

Nondairy equivalents to one serving of milk:

1 c of fresh kale or collard greens

5 baked corn tortillas (calcium from lime used in their preparation)

2 c of dried beans-red or kidney beans, white or fava beans, or chick-peas — soak overnight to neutralize phytic acid.

2/3 c almonds or filberts — highest in

calcium — soak

2/3 c pumpkin or sunflower seeds — soak

Other good sources of calcium are:

Sea vegetables, green leafy veggies, cruciferous vegetables, dried figs, calcium-fortified orange juice and whole soybean soymilk

3) INCREASE CALCIUM ABSORPTION INTO CELLS AND TISSUES

• To absorb calcium, we need fat!

Many people think they're getting a lot of calcium from dairy, but the homogenization process breaks down the natural fat particles.

• You must have an acidic environment to absorb calcium. It is very common to have low hydrochloric acid (HCl) in the stomach. There are easy ways to check for low HCl, and increase it.

• Increase Vitamin F (consists of essential fatty acids). It ionizes calcium and transports it out of the blood and into the tissue.

• Vitamin D is needed for calcium absorption. If you're unable to get vitamin D from moderate sun exposure, take a supplement. Or use full spectrum lighting in

dark seasons. Eating tropical fruit in the winter shuts down the production of vitamin D. Eat what's local and in season!

TIPS FOR CALCIUM SUPPLEMENTATION

If you don't get enough calcium in your diet, you may need to change your diet or supplement it with calcium.

• Taking calcium at night often helps people sleep.

• Take small doses with meals. When we eat, it simulates stomach acid (or HCl), and enhances calcium absorption.

• Take a calcium and a magnesium supplement together, but not in the same pill. They are often too compressed and are excreted from the body.

• Too much calcium competes with other minerals (zinc, iron and copper) and can lead to calcium deposits on the heart and kidneys

Kathy Nowak is a Registered Holistic Nutritionist.

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Members' News & Special Events

UPCOMING POTLUCK

When: Sunday, June 13th

What time: 6pm

Where: Vancouver Environmental Information Centre, 2150 Maple St., Vancouver at 6th Ave, in the multi-purpose room. Parking lot and street parking available.

What to Bring: a plate, cup and cutlery, a serving spoon, and a dish containing no animal products and six adult servings.

Call 604-736-INFO for updated information on the speaker. Starting in June, potlucks will now be held monthly — the 2nd Sunday of every month. Location will always be the same, at 2150 Maple Street.

CLASSIFIED ADS

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VOLUNTEER NIGHTS AT EARTHSAVE

Join other liked-minded individuals every Thursday evening from 6:30-9:30pm at the EarthSave office, 2150 Maple Street (the SPEC building on 6th Ave.), to help with general office duties. It's a great opportunity to get involved on a casual, drop-in basis and to meet new people.

SPEED DATING

Come out and support a great cause and meet 12 other singles for brief, anonymous dates. Unlike other speed dating in Vancouver, you're guaranteed to have something in common with most participants since the event targets those with an interest in the environment, animal welfare, and/or healthy eating. Vegetarians and non-vegetarians are welcome.

Next events: May 28 (40-50) & June 4 (30-40) at 8pm

Cost: \$20 for members; \$25 for non-members

To register, call 604-731-5885 Tuesday-Saturday, 10-4pm
You will meet 12 other singles for 6 minute dates. Events are guaranteed to be gender balanced and anonymous. Contacts are facilitated afterwards by the organizers. For more details, please visit our website: www.earthsave.bc.ca

UPCOMING VEGETARIAN DINE-OUTS — OPEN TO ALL!

Friday, May 7 at 7pm

**OM
3466 Cambie Street**

We'll start off with your choice of spring rolls or pot stickers, and move on to hot and sour, dong yam kung or wonton soup, and finish off with a variety of dishes like spicy green beans, veggie drum stick, vegetable crepe, beancurd skin roll or mixed vegetables, sweet and sour veggie nuggets, pumpkin and taros hot pot, satay vegetables chow mien and hawaiian rice.

Price: \$14 members; \$16 non-members

Thursday, May 27 at 7 pm

**Greek Raw Dine-out by Martin
Faucher**

**Vancouver Environmental Information
Centre - 2150 Maple St. at 6th Ave.**

HORIATIKI SALATA: Traditionally this is the village Greek salad made of fresh tomatoes, cucumbers, peppers, onions, kalamata olives in oregano dressing.

Skip the feta cheese?... nope there will be a non-dairy raw feta cheese with your salad. **ATHENIAN PLATTER:** A harmonious blend of raw Souvlakis made with marinated veggies and tasty Brazil nut nuggets as well as zesty Dolmades and falafels served with tzatziki (tart non-dairy yogurt sauce). **MARTIN'S RAW SPANAKOPITA:** Greek spinach pie Martin style, traditionally made with feta, butter and crispy phyllo pastry. Martin's is raw and contains creamy cashews, lemon juice and a crispy buck-wheat crust. It is uncooked, but crusty with a very sharp delicious taste.

BAKLAVAS: A sweet pastry filled with a mixture of walnuts, cinnamon (Martin

chooses cardamom) and honey, which Martin replaces with a natural raw sweetener.

Price: \$15 members; \$17 non-members

Thursday, June 17 at 7pm

**The Reef Restaurant
4172 Main Street**

The Reef Caribbean Restaurant has been a popular dineout location in the past. On this visit, we will be having a starter of Squash Fritters with Mango Chutney, a Spinach Salad with Sesame Mango Dressing and a choice of either Jerk Tofu, Chickpea & Potato Roti or Ital Spicy Coconut Curry with Rice (Ital is the Rastafarian word for Vegan), both served with Reef-slaw.

Price: \$15 members; \$17 non-members

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BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Co. (No Discount - No delivery fee for first order)	Tri-City Area and Maple Ridge	604-468-2504 www.BestBread.ca
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Buddhist Vegetarian Restaurant	137 East Pender Street, Vancouver	604-683-8816
Elanta-Reiki Master/Teacher		604-318-3218
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Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (\$1 off reg. admission fee; 5% on related events)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-5867
Greens & Gourmet Vegetarian Restaurant	2582 W. Broadway, Vancouver	604-737-7373
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Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
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HOC Health Centre	112-250 Schoolhouse St., Coquitlam	604-520-6867
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May 3rd Enterprises, Electrolysis & Ear Candles	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@aol.com
Nordic Living Water Systems	432 Dollarton Hwy North, North Vancouver	604-990-5462 or 1-888-644-7754
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
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Dr. Raiih, Sukhvinder - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com

Health Partner Profile

Saladmaster Healthy Desserts

Saladmaster puff pastry cakes are made with a non-traditional method which is based on both using the healthy non-refined organic ingredients and Saladmaster Versa Tec System, which retains 93% of nutrition through the low temperature and reduced time of baking. No margarine or butter is used. All cakes consist of 16 layers of pastry crusts with pastry cream of different flavours in accordance with a customer's choice.

Saladmaster Healthy Desserts at European Breads
4326 Fraser Street, Vancouver
ph: 778-837-0045 www.healthy-desserts.com

Saladmaster Healthy Desserts, Ltd.	4326 Fraser St., Vancouver www.healthy-desserts.com	778-837-0045
Sea Spray (Kelp Growth Supplement)	300-1497 Marine Dr., West Vancouver	604-926-3352
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Shiatsu Therapy with Colin Vankeith, RST		604-682-7339
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery (no percentage discount; \$15 off first order)		604-215-7783
Swagat Restaurant	1726 Davie St., Vancouver	604-688-9400
Sweet Cherubim (Restaurant Only)	1107 Commercial Drive, Vancouver	604-253-0969
Tachia Bakery and Deli	4111 Macdonald Street, Vancouver	604-731-7766
Thai Body Work by Bernard Dalziel	332 E. 4th Ave., North Vancouver	604-984-1260
Unique Nutrition Health Centre	2-555 W. 12th Avenue, Vancouver	604-872-8647
Vadhwana, Gita Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
West Pointe Organic Produce	2839 W. Broadway, Vancouver	604-736-2839
West Wood Organic Produce	2183 West 41st, Vancouver	604-261-4363

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz	604-796-3677
Canadian Wilderness Ecotours	923 Catherine St., Victoria	250-595-1835
D & A Natural Health Services	757 Wardlaw Ave., Kelowna	250-762-5538
Green Cuisine	Market Square, 560 Johnson St., Victoria	250-385-1809
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Interlude-Kripalu Massage	Victoria, BC andreakoerber@interludes.ca	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Lotus Pond Restaurant	617 Johnson St., Victoria	250-380-9228
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735
Ortho-Bionomy Int.	8144 Southwood, Halfmoon Bay	250-885-5132
Potpourri Farm	(20% at farm location)	
Hack House Organic Orchard: City office:	29686 Hwy. 97 S, Oliver 200-328 W. Hastings St., Vancouver	250-495-3326 604-688-1688
The Soap Exchange	1393A Hillside Ave., Victoria	250-475-0033 250-475-0077
Torontov, Michael Registered JSD Acupressure Therapist	Victoria	250-480-7733
Tree House Health Foods	800 3rd Ave., Hope	604-869-5545
Yoga Garden Healing Retreat	515 Spruce Ave., Gabriola Island	250-247-7127

* Bold = New Addition

Support EarthSave Become A Member

Annual membership rates:

\$12 Student
\$24 Senior
\$36 Individual
\$48 Family
\$96 Corporate

Phone the EarthSave office (Tues-Sat, 10-4pm) at 604-731-5885 to become a member.