



Canada

Earthsaver

Healthy People. Healthy Planet.

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www.Earthsave.bc.ca

Farm Animals Not So Different

By Bruce Passmore

For many people, companion animals are an essential part of daily life. They are a friend, a confidante, a pick-me-up, or even a sounding board when thinking out loud. They cuddle with us, make us smile on blue days, and listen patiently to our daily troubles, while seldom asking for more in return than food, water and shelter, and maybe a little belly-rub or a playful run now and again. We depend on them. We treat them like one of the family. We care about them.

Morally speaking, it is our duty. We must provide them good quality food, clean

water, adequate shelter and sufficient exercise. We cannot leave them unattended for long periods of time. We must provide veterinary care when needed. Really, this is all common sense. This is how all animals under human care should be treated.

But then, why aren't they? About 660 million farm animals in Canada are kept in the most deplorable conditions imaginable. They are crammed together in spaces so small they can barely move. Most are kept in either constant darkness or continuous artificial light, never seeing the sun. Veterinarians only visit if the mortality rate

drastically exceeds the normal one to three percent. The list of cruelties goes on and on. (For more information on the care and treatment of farm animals, visit www.humanefood.ca.)

Why do we treat farm animals so differently from companion animals?

Because we eat them? The answer depends mostly on your cultural background. Some cultures do eat dogs and cats. Even guinea pigs, rodents and other common North American pets make it on to some people's

tables. **continued on page 6**

What Are You Really Paying For? – And How is it Affecting the Earth?

By Melanie Briggs

Imagine: the true value of a product represented by its price tag. Unfortunately, for the Earth, this is not reality. When purchasing food items from the grocer, we are paying for more than just food. Packaging, whether vital or cosmetic, also figures into cost. Purchasing items with excess packaging equates to throwing money out the window, and contributes significantly to municipal waste and litter problems.

As consumers, we are intricately involved in the produc-

tion process. How we decide to act in this relationship could ultimately determine the future of the environments we live in, as well as future practices of business and industry. Without the demand for needless packaging, manufacturers cannot afford to maintain its production. So long as we continue to support it, cosmetic packaging will not only fill our grocer's shelves, but also our waste bins, and consequently, our landfills.

While the primary purpose of packaging should focus on pro-

tection and containment, current trends seem predominantly concerned with attracting attention and enhancing the appeal of the product. With the onslaught of convenience-based markets (single serve, ready-to-eat, etc.), packaging has become a significant contributor to litter. Although it may be useful in providing information and preserving freshness, packaging material accounts for an unnecessarily large volume of the trash we generate.

We can reduce the amount of waste we generate by becoming more aware of how we consume. Without cutting down on consumption, we can

substantially reduce our use of natural resources. For instance, bring a travel mug to your favorite coffee shop. Instead of grocery sacks, load up a backpack – you will be doing your lower back a favor. Purchase items in reusable containers, and use the containers for leftovers, instead of plastic wrap or aluminum foil.

Think of purchases as investments of time and money, as well as the Earth's natural resources. Every purchase makes a statement about our values. Are we supporting environmentally friendly food choices? Do we encourage efficient packaging? Many people understand the importance of

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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

I found the "Consumer Guide to Soy Milk" in the last edition of the *Earthsaver* to be very informative and useful; however, I noticed something that should be clarified. Mono- and di-glycerides are listed as being ingredients in the SoGood brand of soy milk, and the authors state that these ingredients are normally derived from animal fat. It should be pointed out that mono- and di-glycerides are also derived from soy beans and other vegetables, and that with vegetable-based foods, vegetable sources of these ingredients are typically more common. For those readers who may have been concerned about using the So Good brand, the company states on its website that its soy milk is "100% free of animal products and suitable for vegetarian and vegan diets."

http://www.sogoodbeverage.com/english/common_questions.html

K. Webster
Vancouver

Earthsaver Internet Forums!

Visit our website and check out our internet forums (General, Parents and Youth). Hook up with others with similar interests, find out about events, or discuss issues related to the ethical, environmental and health consequences of our food choices.

Make friends and have fun! Go to

www.earthsave.bc.ca

and click on the Forums link.



"What Are You Really Paying For?"

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supporting organic farming.

Some consumers even recognize the value of buying products that are manufactured in recyclable containers. Unfortunately, few are familiar with benefits of source reduction. Although recycling extends the life of packaging materials, it also requires energy – in the form of natural resources – to carry out the process. Consequently, the energy required to recycle some materials may be more environmentally damaging than the choice of purchasing items with the lightest volume of packaging. For example: concentrated items, such as juices, require less packaging, less space for transport, and ultimately generate less waste from production to disposal. In accordance, source reduction may be the most energy efficient means of preserving the planet.

Consider bulk grocery items. As the amount of product in a container increases, the packaging waste per serving usually decreases. As a result, buying in bulk reduces wasteful packaging, which saves you money. Though it may not seem overly significant at first, when purchasing baking ingredients, cereals, nuts, and dried fruits in bulk, the money you can save really adds up. For instance, Nature's Path Hemp Plus Granola sells for \$3.99 a box at Capers. In the bulk section, the same amount sells for \$3.22. To avoid creating your own packaging waste, store bulk purchases in reusable containers.

When shopping for frequently used items, choose the largest size that can be used before spoiling. Where tampering and hygienic integrity are not a concern, choose grocery items that don't require additional packaging. Question the necessity of buying prepackaged produce when the same product is available unpackaged. Farmer's Markets are great places to purchase fresh produce, without unwanted packaging, while supporting local communities.

While it is important to make the best use of our money, with the ideas in this article we can save money and limit our use of natural resources. We can reduce our impact on the environment by incorporating a more natural diet into our lifestyles and eliminating unnecessary packaging for our food choices. Switching to a diet that is primarily plant based, which requires far less energy to produce and virtually no packaging, is one of the greatest things we can do for our bodies, as well as the Earth.



2150 Maple Street
Vancouver, B.C., Canada V6J 3T3
Tel: 604-731-5885
Fax: 604-731-5805
Office manager: Alison Cole
E-mail: office@Earthsaver.bc.ca
Internet: www.Earthsaver.bc.ca

Canada Earthsaver
Earthsaver 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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ideas expressed in this publication do not necessarily represent the views of Earthsave Canada.

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. Please submit your material by e-mail to newsletter@earthsave.bc.ca

Editor

Nancy Callan

Production

Alison Cole, Intelliga Productions

Contributors

Melanie Briggs, Nancy Callan, Sally Errey, Brandy Humes, Evan McGraw, Bruce Passmore

Advertising

Advertising space is available in *Canada Earthsaver* — please contact the office for current rates. Circulation 2300.

Profile of an Activist: Starting the New Year with a Bang! Activist Initiative Reaches Over 6,000 with Vegan Message

By Brandy Humes

The fact that what we eat has profound consequences for farmed animals calls many to try to work for change. John Bowers is one person who has taken this call to heart. In early January of 2006, on behalf of Vancouver Island Vegetarian Association, the Victoria-native traveled to Vancouver to spearhead a week long outreach effort in collaboration with Earthsave Canada to raise awareness about food choices.

Animal activism is not new territory for John. For the past three years, he has been working as a full-time, unpaid activist, trying to raise awareness about the plight of farmed animals; he uses his apartment as his office and lives on savings he carefully put aside while working as a public servant for 6 years. He is and has been involved in a diverse array of organizations, working on a variety of projects, all of which advance animal liberation in some way.

One project he favours more than others, where he sees the most promise and potential for change, is the 'Adopt-a-College' (AAC) program. AAC is a program run by the US-based group Vegan Outreach that is garnering significant attention in Canada with post-secondary institutions in several provinces participating. The way the program works is that an individual or a group of people (students or otherwise) takes on, or 'adopt', their local university or college and commit to distributing Vegan Outreach booklets there. John's first 'adopted' school was the University of Toronto in 2003. He found leafletting at the university to be so much easier than leafletting at the usual downtown spots or outside of concerts. Students seemed to be more open to these issues. Indeed, that is the basic premise of the AAC program: students tend to be more open to hearing and learning about these often new ideas and so more activist attention should be paid to reaching and educating them.

In the two years since first starting with the program, John has distributed over 10,000 booklets, with 7,500 of those being in 2005 alone. It is this dedication and persistence that has led to him being ranked in the top 10 of dedicated AAC activists in 2005 by Vegan Outreach. The plight of animals, particularly farmed animals, is, as John stresses, the "moral imperative of our time. It is what drives me. There is great injustice happening to cows, pigs, chickens, fishes, and we have an obligation, a moral requirement, to do something about it."

And he shows no signs of slowing down his fight to end animal



oppression. Deciding to tackle the BC mainland, John, with the help of about 16 other activists, including members of the Earthsave Youth Group, distributed 6,609 information booklets on veganism on six university and college campuses in the Greater Vancouver Regional District in under a week. "It was an incredible experience and we more than doubled our original distribution target of 3,000. It is so amazing to know that this week of work will ultimately result in quite a number of new vegetarians or vegans, and that thousands of animals will ultimately be spared a cruel life and death," says John. He hopes that, beyond reaching scores of people about the power of food choices, this will help kick-start what will be a regular and larger effort on the part of Vancouver activists.

To get connected with those who participated this week to distribute leaflets, arrange for campus movie screenings, petition for more veggie meals and so on, please contact John Bowers at dangerbowers@hotmail.com. For more information on Vegan Outreach, or the AAC program, please see www.veganoutreach.org, and www.veganhealth.org. For a copy of their booklets, please contact the Earthsave office at 604-731-5885.

EARTHSAVE READERS GROUP

If you have an interest in reading thought-provoking books on our diet's relation to health, the environment and animals, please contact Denise or Cylia at readers@earthsave.bc.ca. This year, discussions will be held alternately in members' homes and at various vegetarian-friendly restaurants in the Lower Mainland.

The books chosen are usually available, at reduced cost, at the Earthsave Bookstore, 2150 Maple Street, Vancouver, with an additional 10% off for EarthSave members. Most may also be found in the Vancouver Public Library system.

In March, 2006, we will be discussing the book *How to Go Further: A Guide to Simple Organic Living*, by Woody Harrelson and Friends. In April we'll review *The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health*, by T. Colin Campbell, PhD, with Thomas M. Campbell II. For the two subsequent meetings (Spring & Summer), the book choices are: *Being Vegan: Living with Conscience*, *Conviction and Compassion*, by Joanne Stepaniak, and *Ethical Vegetarianism: From Pythagoras to Peter Singer*, edited by Kerry S. Walters and Lisa Portmess.

Check the Earthsave website under Events – Readers Group, or check the Earthsave Forums for current meeting details.

Both Earthsave members and non-members are welcome to attend; however, a \$2 donation is requested from non-members to help defray costs. Attendance is free to members.

Facts on Fibre

By Sally Errey, RNCP, RHN



A healthy gastrointestinal tract is the key to optimal health and energy. It is through this system that nutrients get broken down, absorbed and toxins removed from the body. Strong digestion starts with chewing well, undistracted by stress, and having a stomach that produces acids to break down proteins. Digested liquids then move on into the small intestine where pancreatic enzymes break down food into the smallest absorbable molecules. The bile duct delivers bile from the gallbladder and fatty acids are emulsified for absorption. As molecules pass down into the lower intestine, they are absorbed into the blood stream, filtered through the liver and move finally to the cells. Any waste matter and undigested fibre has the water extracted from it in the bowel and fecal matter is formed, resulting in 1 to 3 comfortable soft bowel movements each day.

The role of fibre in a healthy system is to bind toxins released by the liver and eliminate them in the feces. Fibre is the part of plant foods that can't be digested by humans. It takes two forms, soluble and insoluble. Soluble fibre is soluble in water and acts like a gel (apple pectin used to make jams and 'jellies' is a soluble fibre). This has the benefit of regulating the speed of flow through the GI tract and also leads to sustained glucose release, thus regulating insulin levels. Insoluble fibre acts like a soft toothbrush, binding toxins and keeping the intestinal walls clean of accumulated debris.

Fibre reduces the risk of colon cancer, helps reduce cholesterol levels, constipation and regulates the insulin response. Meat, milk, eggs, cheese, and plain yogurt have zero fibre. All plant foods have a portion of soluble and insoluble fibre, because it comes from their rigid cell walls.

Common conditions like gas and bloating, constipation, high cholesterol, diabetes and IBS (Irritable Bowel Syndrome) can all benefit from a plant-based, high fibre diet. Most health practitioners focus

on the lower bowel to try and bring relief, recommending probiotics, fibre and more water. I have found more success working from the mouth, right down to the bowel, checking that everything is optimized (chewing, stomach, pancreas, liver and intestines).

For conditions like IBS, where the intestine is highly sensitized and can result in alternating diarrhea, constipation, pain gas and bloating, it is important to reduce insoluble fibre (which can irritate the cells) and increase soluble fibre foods which can soften and form stool and help regulate the system, although it takes time. Herbal blends can also reduce inflammation of the intestinal wall and encourage healing. (Try licorice, slippery elm and aloe vera). Lifestyle and stress must also be addressed as stress has been linked with digestive upsets and IBS and both decaf and regular coffee are known irritants. Rather than using yogurt to replace natural bowel bacteria, I recommend for everyone, miso in soups, salad dressings or spreads, or naturally fermented sauerkraut for those with a stronger digestive systems.

Here's an experiment to show you what fibre looks like in your tummy. Grind 1-2 tbsp of flax seed and place it in a glass.

To find out which foods are high in insoluble fibre, visit the following websites:

http://www.dining.ucla.edu/housing_site/dining/SNAC_pdf/FactsOfFiber.pdf

<http://www.hcf-nutrition.org/fiber/fiberchart.html>

If increasing fibre gives you gas and discomfort, often it is due to the insoluble fibre. This can often be remedied by cooking (apple-sauce), blending (hummus) and avoiding foods with visible fibres (celery), dense skins, husks and seeds. Many berries are high in insoluble fibre because of their high skin to flesh ratio and seeds that are consumed such as blueberries, blackberries, strawberries and grapes.

Add about 1/4 cup of water and let it sit. After 5 minutes it will have gelled together. This is what soluble fibre does in your system, and some of the seed fibres that you see will be insoluble and will help clean the GI tract and form stool. Next, use the mix as an egg replacer in a muffin or cake recipe and you'll see how it holds the baked goods together! Then, for the final lesson, as you clean the glass, you'll need to use lots of water - this stuff is sticky! That's why lots of water is important for us too, to have a happy tummy, we have to keep things moving.

Vancouver Area Food Not Bombs

By Evan McGraw

First things first, there is enough food for everyone to eat. Nobody has to or should have to go hungry or die of starvation or war. That's the philosophy of Food Not Bombs, an anti-war group consisting of people of all different ages, from all different walks of life. Food Not Bombs is international, but the Vancouver Area chapter was started at the beginning of November 2005. Some of Earthsave's Youth Group are involved. As an anti-war group, they feed people and let them know that there is enough food for them and everyone else to eat, and that hunger and war doesn't have to happen. Rather than

dropping bombs, we should be dropping food onto a plate for anyone who wants it.

How exactly does Food Not Bombs get all of this food? Food does, in fact, grow on trees. There is an abundance of food out there, but a ton of good food is being thrown away and discarded - some before it even gets to the store shelves! So, Food Not Bombs rescues it. They talk to grocery stores and markets about their food, and receive free produce, bread and other food stuffs that are perfectly edible and would otherwise be thrown out. Most stores just throw out food when it gets a **continued on page 5**

Ask Nancy

**Earthsave Past President,
Nancy Callan, answers your
veggie related questions**



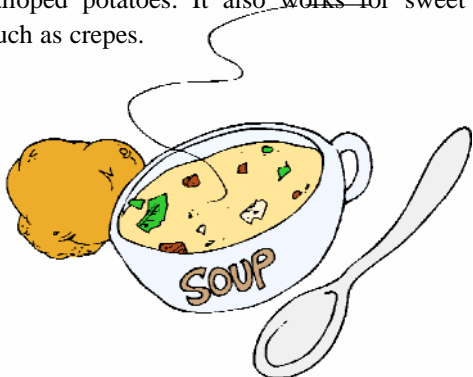
Question: Another new term!?! What's a flexitarian?

Answer: Flexitarians like vegetarian food, but are not exclusively vegetarian, though some call themselves vegetarian, to the dismay of those who prefer more precise definitions. Flexitarians are, well, flexible. Yes, it's true, they may well be the ones responsible for the unexpected seafood in the Vegetarian Pasta Primavera you ordered. But it's also true that it's flexitarians who are responsible for the wide variety of veggie meats available at supermarkets these days, not, in fact, the small percentage of consumers who are exclusively vegetarian.

While vegans have been referred to as the marketing bullseye by companies like Toyota, when manufacturing their leather-free hybrid vehicle, the Prius, it's flexitarians who have the demographic muscle to bring these compassionate and environmentally-friendly product ideas from the drawing board to the factory floor. The theory is, if you please the vegans in the centre of the bullseye, you please a lot of other consumers at the same time. So, next time you catch your assumed vegetarian colleague chomping on a chicken wing in a sports bar, you might just want to give them the thumbs up for choosing to eat vegetarian so much of the time.

Question: How can I make a cream sauce without dairy?

Answer: While not a trained chef, here is what I do to make a cream sauce: Depending on whether you want a thinner or thicker sauce, I take 1-2 tablespoons of a vegan margarine (such as Earth Balance) and to that I add 1-2 tablespoons of cornstarch and 1/4-1/2 a teaspoon of salt. I blend these ingredients together and then add one cup of a brand of soymilk that tends to be thicker (such as Vitasoy Creamy Original or Pacific). I cook it over medium heat until it thickens, stirring constantly. This works well as a base for making a vegan fettuccine alfredo or a cream soup or for scalloped potatoes. It also works for sweet sauces in desserts, such as crepes.



"Vancouver Area Food Not Bombs"

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blemish or won't sell. This contributes to hunger. Volunteers go into their dumpsters, take the food and help feed the world. Food is a right, not a privilege.

Food Not Bombs, like Earthsave Canada, is an advocate of a plant-based diet. They realize that more people can be fed on one acre of land on a plant-based diet than on a standard meat-based diet. They also share Earthsave's ideals about helping the environment, which meat-based diets don't do.

Do people enjoy this free veg food? Do they ask "where's the meat?" This happens quite regularly, but most people seem to be happy that they're being fed free food. With vegan diets being able to offer so much taste and variety, they may often not even notice the lack of meat. Food Not Bombs prepares vegan dishes every week from food that is either

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donated or "dumpstered" over the week. No main dishes containing animal products are cooked, but if there is, for example, a product containing dairy in it that was donated, while it won't directly be cooked into a dish, the food will still be available for people to take. It is felt that, by not using the food, it will just go to waste, when someone who is hungry could be eating it. Having donated food containing animal products available isn't adding to the suffering of animals, or to destruction of the environment.

There have been many Food Not Bombs chapters in Vancouver in the past. Anybody who wants to can start their own chapter; some large cities have numerous chapters. Past Food Not Bombs have not worked out here due to people having different ideas, not being able to reach consensus on issues, an uneven load of work for certain individuals, and even not being able to get enough food. Everyone at Food Not Bombs realizes that these are issues for them as well, but by realizing this before starting, things look like they'll go smoothly and the Vancouver Area Food Not Bombs will carry on, and be able to feed many more hungry people.

At Food Not Bombs, each week is spent collecting free food, and then preparing and serving it on Saturdays. The group meets at 12pm every Saturday to prepare the food at the Anti Poverty Coalition community Kitchen (Carrall @ E.Hastings). At 4pm, the food is served at Victory Square park (Hamilton @ Hastings Street) to anyone who wants or needs it. Any help is needed and appreciated. To learn more, or to get involved, visit www.foodnotbombs.ca or contact at fnb.gvrd@foodnotbombs.ca, fnb.gvrd@gmail.com, or phone 604-961-5894.

“Farm Animals Not So Different”

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Interestingly, many people find North American foods like rabbit, duck, or deer (venison) abhorrent. Even cows, one of the most commonly eaten animals in Canada, are not typically eaten by Hindus because cows are viewed as sacred.

Some would argue that the difference lies in the fact that animals raised for food are farmed, that they are raised specifically for the purpose of being eaten. But cats, dogs, guinea pigs and many other common companion animals are farmed for food in other countries. Does this change their value?

The point is, the line begins to blur when you take a step back and see that animals you viewed as pets are eaten, and ones you viewed as food are pets or sacred to someone else, whether they are farmed or not.

Because they are less intelligent?

Surprisingly, many animals seen as ‘lower in intelligence’ such as chickens, sheep, cows and pigs actually score the same or higher than some primates. Studies on pigs at the University of Bristol in the United Kingdom have shown that pigs actually learn most tasks faster than dogs and can even complete some complex actions that dogs are never able to learn. They can even be house trained.

Chickens, often viewed as the least intelligent of all farm animals, are also much more complex than most people think. In one study, hens quickly learned to navigate a complex maze which required them to peck at specific points exactly three times in order to open doors. In another study, hens learned to choose the correct feeding bowl from watching other hens on TV. As well, besides learned behaviours, chickens do have incredible innate abilities. Hens have very good memories and can individually recognize more than 100 other identical looking hens. They also have incredible vocal capabilities with different sounds for alarm, happiness, egg laying, fear and a host of other situations.

When you compare these aspects of farm animals to companion animals, it becomes much harder to suggest that they are less

intelligent.

Because they don’t have emotions?

Like any animal, farm animals have a complex set of emotions ranging from happiness to despair, enjoyment to anger. They aggressively take care of their young and become stressed when one of them is missing or injured. Similar to humans, sheep will actively search out missing or lost members of their family. When they can’t find the individual, they bleat in distress and other members of the herd come and comfort them. This behaviour is also seen in cows and pigs.

An amazing story!

But did you know that farm animals would even go out of their way to save humans? A young pig in the UK was being taken for a walk by her caregiver. During the walk, the voice of small boy was heard screaming for help in a nearby river. Immediately, the pig pulled free from her guardian, leash trailing, and dove into the river. She swam out to the boy and continued to circle him until he grabbed the leash. The boy’s weight pulled both him and the pig underwater, and the crowd on shore gasped in horror. But sure enough, a few seconds later, both their heads popped above the surface as the little pig swam furiously towards shore towing the boy behind her. Exhausted, the boy and the pig made it safely to shore where waiting onlookers wept with joy.

And to think, this little pig was slated for the slaughterhouse.

These are just a few of the lesser-known facts about farm animals. There are literally hundreds of examples of incredible and complex behaviours that these animals share with our beloved companion animals. When you look at these behaviours, it begins to make our distinctions between them seem more and more arbitrary. Biologically speaking, an animal is an animal is an animal.

So why do we treat them differently? It is a question worth asking ourselves next time we go shopping.

For more information, see www.vancouverhumanesociety.bc.ca.

To get the latest news on Earthsave and other related events, and interesting articles on food issues related to health, the environment, and animals, simply visit www.earthsave.bc.ca/elists.html to join.

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Members' News & Special Events

UPCOMING MONTHLY VEGAN POTLUCKS

Date: Sunday, March 12th at 6:30pm (doors open at 6:00)

Speaker: Darren Stott, marketing manager of Small Potatoes Urban Delivery

Topic: Organic Food Benefits – the health, environmental and taste benefits of organic

food, backed up by scientific facts. The talk will also include plenty of give-a-ways and an enlightening and humorous 10 minute animation called *The Real Cost of Food*.

Date: Sunday, April 9th at 5:00pm (doors open at 4:30)

Film Showing & Discussion of: *The Future of Food*. Please bring snacks to share – finger food that you can eat from a plate on

your lap. We will not be serving a full meal at this month's "snackluck".

Location: 2150 Maple Street (at 6th Avenue), Vancouver

Cost: Free to members; \$3 for non-members
Everyone must bring a vegan dish with 8 servings – both homemade and store bought food are acceptable. Please bring an ingredients list. There are prizes for the best dishes.

UPCOMING DINE-OUTS — OPEN TO ALL!

Wednesday, March 15th at 7pm

Mumbai Masala

138 West 16th Street, North Vancouver

Mumbai Masala, the newest Indian gem on the North Shore, beckons us into their warm, lavish restaurant for a delicious four course meal. Our dinner will begin with a snack of crispy Poppadums with mango and cilantro chutneys, then appetizer plates of Vegetable Pakoras and savory Alu Tikki potato fritters. For the main course we will sample four different dishes: Aloo Gobi (potato and cauliflower curry), Eggplant Bhartha, Channa Masala (chickpeas in a rich tomato curry) and mixed Vegetable Jalfrezie. Basmati Rice and Indian bread will accompany the curries. The evening will end with a special family recipe of Carrot Cashew cake.

Price: \$20/member (\$23/non-member)

Saturday, March 25th at 7pm

Dharma Kitchen

3667 West Broadway, Vancouver

Join 35 other diners for appetizers of Tamarind Soup (bean sprouts, celery, mushrooms, okra, pineapples, tomatoes & tofu in tamarind base) and Protein Salad (grilled marinated tempeh steak, red onion, sunflower sprouts and grated beets & carrots on bed of romaine lettuce; served with a choice of dressing). The main course will be Dharma Bowl (grilled artichoke hearts, eggplants, mushrooms, red onions, sweet peppers, zucchinis and sun-dried tomatoes served with miso gravy over brown rice), Basil Tofu (tofu, green peppers, sweet peppers and mushrooms, sauteed in a coconut milk-basil sauce and herbs), and Buddha's Feast (mixed veg, pineapples and deep-fried tofu). For dessert, we'll have sweet rice pudding.

Price: \$15/member (\$18/non-member)

Thursday, April 6th, 2006 at 7pm

Cafe Kathmandu

2779 Commercial Drive, Vancouver

A member recommendation, the Cafe Kathmandu is the only Nepalese restaurant west of Toronto – the service is warm and friendly; the food is plentiful and delicious. The menu: Appetizers: Aaloo achaar (chilled sesame-lemon potato salad flavored with tim-mur), Bhatmaas (toasted soybeans, quick-fried with fresh tomatoes, ginger, garlic, and chil and garnished with fresh coriander), lhasa mom (steamed dumplings with a savory tofu filling, served with a slow-simmered tomato chutney), and kothya (golden fried dumplings stuffed with vegetables and served wit chutney), chiura – a crunch, beaten rice lightly toasted. Main Course: Abiko daal (yellow lentil with caramelized onions and ginger), aaloo raio (mustard greens slow-cooked with gently spiced potatoes), aaloo kauli (turmeric infused calulflower with fenugreek potatoes), aaloo taamaa (lightly seasoned potatoes simmered with bamboo shoots and black-eyed peas), organic green salad and achaar (the soul of a nepali meal) – a selection of piquant, sour, sweet, and fiery home-made chutney style condiments. Dessert: Fresh seasonal fruits. Soy Chai is also included. Price: \$20/member (\$23/non-member) Wine and beer available at additional cost.

Tuesday, April 11th at 7pm

"What's Your Story?" Social Mixer

Greens and Gourmet Restaurant

2582 West Broadway, Vancouver

What's Your Story? A social mixer for all those currently eating or transitioning towards eating a plant based diet. To register, send an email to dineout@earthsave.bc.ca with **Social Mixer** in the subject header and your name and phone number in the body of the email. You must also send a one line true story about yourself that others wouldn't automatically guess is you, to be placed on a game sheet without your name. Participants

will try to find the person attached to that story. Price: \$8/member (\$10/non-member) plus minimum \$10 meal for the pay-by-weight vegetarian buffet. (Bring a non-member who has never attended an Earthsave event before and get in for only \$5! Non-member pays the regular price.)

**Saturday, April 22nd, Earth Day, at 7pm
Almost All-You-Can-Eat Dessert Buffet & Film Night (film TBA - check email update)
SPEC building, 2150 Maple Street (at 6th Avenue), Vancouver**

This all vegan dessert buffet will feature a variety of desserts TBA, including Nanaimo bars, various flavours of fresh local Chi Cake (the rich, creamy taste of regular cheesecake, but without any dairy/eggs, gluten, trans fats or cholesterol, made with organic ingredients). Some of the flavours will include luscious chocolate-hazelnut, zingy lemon New York with organic raspberry topping and deeply-satisfying pumpkin spice. Price: \$12/member (\$15/non-member)

Thursday, May 4th at 7pm

Fiction Five

100 East 2nd Street, North Vancouver

The stylish, urban decor at Fiction Five adds an exciting cosmopolitan spark to the existing repertoire of North Shore eateries. The new owners and chef have created a sophisticated menu for us which will begin with a salad of mesculin greens, tomatoes, toasted pumpkin seeds, dried apricots and figs with a maple miso vinaigrette. Squash soup will warm our bellies before the appetizer of yam wedges with sesame soy dipping sauce. Next we will taste two main courses: couscous stuffed roasted red peppers topped with soy cheese and tomato coulis, and pan seared vegetables with truffles and a vegan *buerre blanc* sauce. The meal will end with a decadent chocolate pate with a mixed berry coulis. The restaurant also boasts an extensive martini menu and an ample wine list.

Price: \$19/member (\$22/non-member)

To register for any of these dine-outs, please send your full name and phone number as well as those of any guests you are registering to dineout@earthsave.bc.ca no less than 48 hours before the dine-out. Your registration is your commitment to attend. No shows may result in Earthsave being charged for your meal. NB: All meals are vegan; all prices include tax and tip.

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

Vegetarian-friendly Eateries, etc.

BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Quality Sweets & Restaurant	7260 Main Street, Vancouver	604-324-6677
Bodhi Choi Heung Vegetarian Restaurant	3932 Fraser Street, Vancouver	604-873-3848
Bo Kong (5%)	80-8100 Ackroyd, Richmond 3068 Main Street, Vancouver	604-278-1992 604-876-3088
Budgie's Burritos	44 Kingsway, Vancouver	604-874-5408
Dharma Kitchen	3667 West Broadway, Vancouver	604-738-3899
Everybody Loves Veggies	555 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Green Cuisine	Market Square, 560 Johnson St., Victoria, BC	250-385-1809
Greens & Gourmet Vegetarian Restaurant	2582 West Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-278-5519
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Lotus Pond Restaurant	617 Johnson St., Victoria, BC	250-380-9228
Mylite Soya Foods Health Café	163 Keefer Street, Vancouver	778-322-8875
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Radha Yoga & Eatery	728 Main Street, Vancouver	604-605-0011
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
Rebellious Tomato (2 locations; discount on pick-up only)	758 West 16th Ave., Vancouver 15th and Lonsdale, North Vancouver	604-707-4992 604-985-2244
Red Sea Café	670 East Broadway, Vancouver	604-873-3332
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
Serenity Cafe	3347 West 4th Ave., Vancouver	604-739-9777
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
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
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Vegan Choice Foods Inc. - Chi Cakes (vegan cheesecakes)	Ladner	778-88VEGAN (778-888-3426)
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251

Health & Wellness

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Errey, Sally, RNCP, RHN - Nutrition Consultant	#200-1330 West 8th Avenue, Vancouver	604-734-7125 ext. 234
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (2 for 1 for first timers)	www.goddessgiftgathering.com	604-879-3886
Health Connection, The (15%)	Unit 2-2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Interlude-Kripalu Massage	Victoria, BC andreakober@interludes.ca	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Kelpman Kelp Products	300-1497 Marine Dr., West Vancouver	604-926-3352
Lurie, Dr. Vince - Naturopathic Physician (discount on consultations only)	210-2678 West Broadway, Vancouver	604-736-3800
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver	604-929-0694 earcandles@ad.com
Nordic Living Water Systems	www.alivewater.net	604-990-5462 or 1-888-644-7754
Nowak, Kathy - Nutrition Consultant	Vancouver	k_nowak@ycoos.com
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-761-6537 www.ayuryogi.com

Shiatsu Therapy with Colin Vankeith, RST	Vancouver	604-682-7339
Thai Body Work by Bernard Dalziel	332 East 4th Ave., North Vancouver	778-892-2834
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Wild Oil of Oregano	332 East 4th Ave., North Vancouver	778-892-2834

Food Stores

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Crystal Veggies & Organics Ltd.	1107-4500 Kingsway, Burnaby	604-438-6186
Forces of Nature	6-6014 Vedder Road, Chilliwack	604-824-1237
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
Organic & Natural Foods	4518 Dawson St., Burnaby 102-8160 Cook Rd., Richmond	604-484-2234 604-232-9292
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Tree House Health Foods	100 Fort St., Hope, BC	604-869-5545
West Best Vegetarian Market (discounted items & bulk packs excluded)	4934 Victoria Drive, Vancouver	604-323-2362
West Pointe Organic Produce	2625 West 4th Ave., Vancouver	604-736-2839

Cooking Classes & Personal Chef Services

Gill's Kitchen (cooking classes)	407-5760 Hampton Place, Vancouver	604-671-3384
My Private Chef, Organic Personal Chef Service	www.mypriatechef.ca	604-876-7759
Vadhvana, Gita - Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413

Home Delivery Services

Green Earth Organics (\$10 off first 3 deliveries)	1864 Triumph Street, Vancouver	604-708-2345
Healthy Green Wheatgrass (50% off first tray)	Vancouver	604-879-2280
Small Potatoes Urban Delivery	20% off new customer's first 4 orders, quote code # NFP5-209778	604-215-7783

Recreation & Vacations

Bonita B&B	9310 Elk Drive, Port Hardy	250-949-6787
Canadian Wilderness Ecotours	923 Catherine St., Victoria, BC	250-595-1835
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735

Environment

E-Ride	1703 West 4th Avenue, Vancouver	604-331-0555
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
The Soap Exchange	1393A Hillside Ave., Victoria, BC	250-475-0033 250-475-0077

* 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 at 604-731-5885
 to become a member.

VOLUNTEER NIGHTS AT EARTHSAVE

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