

CANADA Earthosaver

Healthy People. Healthy Planet. Published by EarthSave Canada.

SEPTEMBER / OCTOBER 2005

www.EarthSave.bc.ca

TASTE of HEALTH

The Healthy Food Festival presented by EarthSave

2005

Feed Your Senses

www.tasteofhealth.com



Dr. T. Colin Campbell

October 1st & 2nd

**at the Croatian Cultural Centre, 3250 Commercial Drive
Vancouver, BC**

**Speakers • Try It and Buy It Vendors • Restaurants • Workshops •
Cooking demos • Bookstore • and more!**



Erik Marcus

By Melissa Beedle

Do you feel bombarded by all the diet news you hear about? Are you a vegetarian trying to convince family and friends of the benefits of a plant-based diet? If so, you won't want to miss the world's leading nutritional expert, Dr. T. Colin Campbell, present at Taste of Health. If there is any nutrition lecture you attend, this is the one to bring your friends and family to!

Dr. Campbell is going to explain the basis of his book *The China Study* and why China holds the key to your health. He will provide logical explanations for why you should reconsider what is nutrition, with well-founded research to back it up. Unlike most of the current best-selling diet authors, Dr. Campbell's work has been reviewed by peers and the conclusions are irrefutable.

As a result of Dr. Campbell's studies, he has been invited to speak before the US Senate Committee on Governmental Affairs to offer an opinion about why there is so much confusion about

"Dr. T. Colin Campbell" continued on page 4...

By Farryn Robins

Erik Marcus has an extraordinary career: He has authored two groundbreaking books, writes for numerous magazines, publishes his own website, hosts an internet radio show, and speaks in hundreds of cities across North America.

On October 1st and 2nd he and his inspiring work will make a stop in Vancouver. Erik will be a keynote speaker at EarthSave's Taste of Health – being held this year at the Croatian Cultural Centre.

The career that has Erik writing and traveling across Canada and the United States is a career in animal rights activism. Erik's dedication to activism includes the enormous task of abolishing animal agriculture. As he writes in his personal statement on erikmarcus.com, his lifetime goal is "to spare animals from confinement and slaughter". In a world where cruelties to farmed animals are rarely questioned, Erik's goal is undoubtedly a big one.

It is a goal though, that Erik is more than ready to tackle. Like most of us, he was raised a meat-eater. However, in 1986, he stumbled upon some footage from a slaughterhouse and began to question the ethics associated with eating meat. Questioning led to research, and by 1988 Erik became vegan. Three years later Erik got involved in animal rights activism. Today, as quoted in the latest issue of *Herbivore* magazine, TheVegetarianSite.com rates Erik as the 14th most influential person in the history of veganism.

Erik's influence in veganism comes largely from his two books. He states that with these books he strives "to fill gaps in the vegan literature... and to produce current, highly accurate writing that is at once persuasive to non-vegetarians and inspirational to activists".

"Erik Marcus" continued on page 4...



2150 Maple Street
Vancouver, B.C., Canada V6J 3T3



Letters to the Editor

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

Dear Editor,

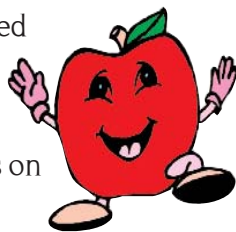
I've been visiting friends here in Vancouver and had the chance to read your excellent newsletter filled with informative write ups. On the advice of several friends, I started eliminating animal foods about five years ago because of my worsening diabetes. My local diabetes chapter was very leery of my no meat, no dairy approach and the dieticians I saw said I would become nutritionally deficient, but I'm glad I stuck with it because I gradually began to see results. My diabetes came under control and I had more energy. I only wish I had known to make these changes many years sooner.

I really believe acid-mucous forming foods, packaged foods, artificial sweeteners and preservatives stress our bodies but they especially stress people with serious diseases. I hope others facing health problems will change their diets. Groups like yours make the transition easier. Keep up the good work!

Genia Kline
Toronto, Ontario

EarthSave Youth Group

Join like-minded youth, concerned about the consequences of food choices, in the Earthsave Youth Group. The group's main focus is on raising awareness about factory farming and environmental issues through outdoor educational video displays and indoor film nights. There are also potlucks and games nights. Drop by the youth internet forum and say hello or send an email to Ahlaam at youth@earthsave.bc.ca



Lots of Volunteer Opportunities at Taste of Health!

by Silvia Wilson

Ticket takers – take tickets/admission fees and direct people
Environmental engineers – cleanup, garbage and recycling
Food demo helpers – give out samples in try and buy it market
Restaurant helpers – help serve food from restaurants
Ushers – direct people in and out of speaker/workshop areas
MCs – introduce speakers, workshops, make announcements
Set-up/Pack-up Helpers – use your muscles to help out!
KidZone – help organize/run kid activities/entertainment
Sign Artists – create signs for all the areas of the event
Promo/Public Relations Liaison – help get word out about this great event!

These are just a few of the opportunities!

To get involved call 604-736-4636 ext. 1. Leave your name, number and best times to call you back.

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. Discussions are held at various vegetarian restaurants in the Lower Mainland.

The following books are available at a reduced cost at the EarthSave Bookstore, 2150 Maple St., Vancouver, with an additional 10% off for EarthSave members.

September: *Making Kind Choices*, by Ingrid Newkirk

October to December: *The Food Revolution*, by John Robbins



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.



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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*.

Canada EarthSaver is published six times a year on 100% recycled paper, printed with soy-based ink. The opinions and

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. If possible, please submit your material by e-mail to newsletter@EarthSave.bc.ca.

Editor

Nancy Callan

Production

Alison Cole

Contributors

Melissa Beedle, Nancy Callan, Bonny Do, Ian Garber, Meredith Hunt, Farryn Robbins, Silvia Wilson

Advertising

Advertising space is available in *Canada EarthSaver* – please contact the office for current rates.

EarthSave Members Span the Dietary Spectrum

At EarthSave we encourage a shift towards a plant-based diet for better health, environmental sustainability, and compassion toward non-human animals. The wonderful and dedicated members, who do the essential behind the scenes work, span the full range of the dietary spectrum. What unites us all at EarthSave is our desire to learn more about the consequences of our food choices and to spread the word about EarthSave's vision throughout the community. Respect for people at different stages in their dietary transition, who may make choices different from ours, is a keystone of the ethic that infuses daily operations at EarthSave Canada.



*Brandy Humes
Board of Directors,
Secretary
Vegan*

As a strict vegan, I try to eat and live as compassionately as possible. For me, this translates into not eating or using animal products of any kind or in any amount. I avoid things like whey, gelatin, casein, honey, leather, wool as well as angora and cashmere, down, vitamins and supplements derived from animal sources, as well as cosmetic and household products that are tested on animals.



*Sue Beckstead
Taste of Health,
vendor sales
Pescetarian*

I have been pesco-vegetarian for 15 years. I am eliminating cheese, but eat free range eggs. I only drink soy milk. I eat fish possibly once every two weeks and also eat prawns; would never touch lobster or crab. I never eat farmed fish of any kind, only wild, and stay away from anything that has been over fished or support any fish industry that uses questionable fishing practices.



*Penny Smith
Board of Directors,
Events Coordinator
Vegetarian*

My diet is mostly vegan, but socially I eat egg and cheese dishes. I avoid "white food" (white flour, sugar, etc.). I drink masses of green tea and red wine with dinner. Friends love my Egyptian lentil soup – the recipe is in the *Vegetarian Manifesto!*



*Andrew Hudson
Board of Directors,
Treasurer
Vegan-Social
Omnivore*

When dining out or preparing my own meals they will be 100% plant-based. However, if an Italian or Korean grandmother has made a special dinner, I will clean my plate regardless of the contents.

If you are concerned about the consequences of your daily food choices, join our caring community and connect with like-minded individuals. Discounts at dine-outs, events and at our many partner businesses, as well as free admission to our Taste of Health food fare and potlucks are some of the benefits of membership. In addition to supporting our public outreach, your EarthSave membership sends a clear and concrete message to government and funders about the large number of citizens concerned with these important issues.



*Christina Yli-Luoma
Board of Directors,
Taste of Health
Committee Chair
Omnivore*

What do I eat? – Real food with good flavour – raised, grown, harvested with commitment, passion, respect and responsibility. Lots of fruits and vegetables, grains, nuts and seeds. Organic or specially-fed and free-range poultry. Sustainable or wild seafood. The odd time that I do eat meat – vegetarian cows. No pork. GMO free soybeans and tofu.



*Silvia Wilson
Coordinator of
Volunteers
Vegetarian Rawfoodist*

I eat raw fruits, vegetables, greens, nuts, seeds and herbs, and the occasional honey. Instead of using a stove or oven, I sometimes use a dehydrator to warm foods or prepare more 'gourmet' raw foods. I prefer to eat organic food as much as possible and also enjoy eating wild fruits and greens.

EarthSave Internet Forum!

Visit our website and check out our internet forums. 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.



"Dr. T. Colin Campbell" ...continued from page 1

nutrition. He has done his homework. As a professor at the US's top nutrition program at New York's Cornell University, Dr. Campbell has led the most comprehensive survey of the connection between diet and disease in world medical history. The *New York Times* hailed this investigation as the "Grand Prix of all epidemiological studies."

Much of Dr. Campbell's research is based on the Cornell-Oxford-China Study (the "China Project"), where he studied the relationship between nutrition and degenerate diseases in China. About 90% of China's people live their entire lives in the vicinity of their birth, making China an ideal location for nutritional study. Throughout the Project, it was discovered that there are dramatic differences in the prevalence of disease from region to region based on interrelated factors. As they quickly discovered, China is a "living laboratory" for the study of nutrition and disease.

After growing up on a dairy farm and milking cows throughout childhood, Dr. Campbell went away to school and eventually got his Ph.D. in animal nutrition at Cornell University where he worked on a project to produce animal protein more efficiently. So both his personal life and his professional life were entirely on the other end of the research findings that he's been getting. His research has changed his personal life profoundly – he and his family now live on a plant-based diet – and is causing the world to reconsider the impacts of our food choices from both an environmental and a nutritional perspective.

If you are truly interested in your health and the impacts of the

food choices you make, please attend Dr. Campbell's presentation at 4pm at EarthSave's Taste of Health event October 1st and 2nd, 2005. It may just change the way you and your friends think about food and the way you eat.

"Erik Marcus" ...cont. from page 1

The first book has sold over 12,000 copies and is titled *Vegan: The New Ethics of Eating* (1997). In this work, on top of highlighting the achievements of various animal rights activists, Erik discusses health and environmental benefits of becoming vegan.

Erik's newest book, *Meat Market: Animals, Ethics and Money*, released in April 2005, considers a whole new approach to dismantling animal agriculture. This new approach is not based on health and the environment, but on the ethical failings of the industry. It is an approach that Erik feels confident will increase the success of defending farmed animals.

At EarthSave's Taste of Health, Erik will be discussing inspirational ideas like those in his books. His first talk will involve what he calls, "the ABC's of vegetarianism". This talk is intended for anyone interested in helping animals, regardless of their history or diet. With his second talk, Erik will identify, for long-term or aspiring activists, how to take advantage of weak spots in animal agriculture and send the industry into decline.

In short, Erik Marcus is a man of undeniable compassion who believes that we can win the battle against animal cruelty. So come hear Erik speak at the Croatian Cultural Center on October 1st and 2nd at 1pm, and let your own compassion awaken with Erik's to join the fight for farmed animals.

Dana Lyons at Taste of Health

By Bonnie Do

DANA LYONS is a singer/songwriter who lives in Bellingham, Washington. Maybe the name sounds familiar. Chances are that you might have heard one of Dana's songs. Dana's song "Cows With Guns" was #1 For The Year on Dr. Demento and #2 on Australian Country Charts. The song also spent 10 months on Seattle's Top 40 and 6 months on Ireland's Top 40. Other hits include "RV" and "Ride The Lawn."

Dana's website: www.cowswithguns.com is a quirky little place with sound clips, lyrics, a biography and a flash-animated video for "Cows With Guns" by Bjørn-Magne Stuestøl – which shows the Bovine Revolution as it unfolds.

I also learned about Dana's most recent collaboration with Dr. Jane Goodall called *Circle The World* which "...is a beautiful mix of Jane Goodall telling stories of chimpanzees and working for peace and

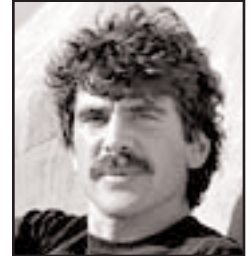
environmental justice and Dana's inspiring ballads."

I had heard "Cows With Guns" previously, and was intrigued to get in contact with Dana. My questions stemmed from general curiosity, but were also intended to prepare audiences for Dana's live performances at this year's Taste of Health Festival in Vancouver, October 1st and 2nd. One thing that I noticed (and maybe you will too) about Dana's music was that many of his songs were about the hazards of contemporary life. I asked Dana what aspects of contemporary life he found worth preserving. Dana responded: "I would keep hot showers, the wheel, a few vaccinations, and pretty much dump the rest."

I also noticed that many of Dana's songs are about important issues such as the environment, war, and the ethical consequences of eating animals. But there is

also a lot of humour (images like gun-toting cows and the combined theme of love and recycling). It seems that for Dana, humour plays an important role in coping with life's ailments when he told me "I think I and many others would go crazy without humor. Gotta laugh and have fun, or we'll get tired out in a hurry."

Being a fan of EarthSave and its activities, Dana is also concerned with the ethical consequences behind food choice, particularly the abuse and pollution of factory farming. So what can the audience expect from Dana's performance at Taste of Health? According to Dana, "good music and bad cow puns." If those reasons alone weren't good enough, learning what I have about Dana, he's definitely an act worthy of support.



Ask Nancy

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



Question: Thanksgiving is coming up. Is eating turkey as bad as chicken? And if so, what is the alternative for someone who wants to preserve tradition?

Answer: The turkey that people eat at Thanksgiving comes from a bird that bears little resemblance to the wild turkey, once so prevalent in North America that Ben Franklin thought it should be America's national bird. The modern day turkey has been genetically engineered to gain an enormous amount of weight, particularly on the breast, in a short period of time. As a result, these top heavy birds often have to stand on painfully swollen joints and crippled feet.

Unable to breed naturally anymore, they must be artificially inseminated. As with most chickens, a portion of their beak is sliced off, without anesthetic, to prevent pecking each other to death in conditions so overcrowded they are often unable to flap their wings. They spend their lives standing (if they are able) in waste and breathing in burning ammonia fumes from urine.

The miserable lives of most turkeys are a testament to the fact that these poor beings are viewed as no more than commodities. It should be no surprise, therefore, that the end of their lives is no less inhumane.

There are veggie alternatives for Thanksgiving, which resemble the texture and appearance of turkey. West Best Vegetarian Market, on the southeast corner of Victoria and 33rd, has two realistic looking faux fowl products: one a quail shaped product, which can actually be carved and served in slices at the dinner table, and the other resembling packaged turkey breast with the skin on. Both have no English name and sell for under \$5. Bearing less resemblance to actual turkey is the infamously expensive Tofurky. Available at Capers and Choices, it comes complete with stuffing and gravy. Add cranberry sauce, mashed potatoes, squash or yams, corn and biscuits and you have a very traditional meal indeed, minus the cruelty. Have a happy Thanksgiving.

Diet: Past and Future

By Ian Garber

One of the most common arguments one encounters when discussing vegetarianism is that our bodies are designed for eating meat, therefore we should continue to eat meat. The usual response to this by vegetarians is to deny that the human body is adapted to eat meat. The latter argument, in fact, was used by Mahatma Gandhi to support his belief in vegetarianism. He compared the human digestive tract to that of various carnivores and herbivores, based on things such as length of the intestines and acidity of the stomach, and came to the conclusion that humans were herbivores. Gandhi was a brilliant man, but he was a lawyer, not a biologist.

It is easy to argue either of these positions, by picking and choosing specific aspects of our digestive tract. The reality is that our bodies are designed to survive on an omnivorous diet. We have adaptations for digesting a plant based diet, as well as very specific adaptations for digesting meat. An irrefutable example of one of these adaptations is the fact that we have transporters in the wall of our small intestine that allow us to absorb heme iron very efficiently. Heme iron only occurs in animal tissues, as hemoglobin in the blood and myoglobin in muscles. These transporters are very specific, in that they will only absorb heme iron, and not the inorganic iron that occurs in plants. The only reason they could have evolved is to absorb the iron from meat in our diets.

Arguing whether or not we should eat meat on the basis of our digestive adaptations completely misrepresents the issue at hand. These adaptations have arisen over millions of years of evolution, and they reflect the selective pressures of a distant past. Certainly in the time of hunter-gatherer societies it would have been near impossible to get enough calories or protein in one's diet to survive without consuming meat. However, with the current abundance and variety of food available to us, it is easy to live on a vegetarian or even vegan diet. The key issue then, is one of choice. Modern humans can live on either a plant-centred or animal-centred diet. The choice is up to us, to decide on our own ethical grounds. Taking into account the environmental impact of our food choices, among other factors, the decision is clear. Humans may have survived the past by eating meat, but a plant-centred diet is the way to a sustainable future.

**VOLUNTEER
TODAY**



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.

Animal Agriculture Land Use Takes Its Toll

By Meredith Hunt

Modern animal agriculture can be a contentious issue when it comes to environmental damage and social inequities. Many people question the notion that a plant based diet is more sustainable, given that it too utilizes a great deal of pesticides, fertilizers, natural resources and land to grow vegetable and grain crops. For some, it is a case of damned if you do, damned if you don't, so why bother?

Daniel Quinn's book *Ishmael* explores this idea in an engaging commentary on the human condition seen through the eyes of a sage gorilla. To *Ishmael*, humans are in one of two categories, the "Leavers" or the "Takers". The former being nearly extinct as their simple ways of life have been all but extinguished in the path of progress. The Takers, the dominant group, are those who "regard the world as a sort of human life-support system, as a machine designed to produce and sustain human life".

According to the gorilla, the advent of agriculture 10,000 years ago precipitated the "Taker" culture and has perpetuated the marginalized state of both the natural environment and the poor ever since.

Such issues are obviously very complex and interwoven with many variables. Undoing the last 10,000 years of history is not an option, but perhaps *Ishmael's* hypothesis provides a philosophical starting point to examine how current food trends are connected to environmental degradation and famine. Individuals have a responsibility to make educated decisions about the impact they wish

to have. By looking at certain statistics associated

with animal husbandry, there is cause for contemplation.

Firstly, the ratio of livestock to humans is approximately three and a half to one. This translates to around 21 billion animals and all of those animals need land, whether for pasture or for feed. According to the Vegan Society, 3.4 billion hectares of land is used for grazing. A consequence of this, other than deforestation, is that fertile land is used for livestock instead of growing food for people. In 1950, 35 percent of Costa Rica's arable farmland was in pasture; in the early nineties, the figure was 54 percent. As much as two-thirds of the rich farmland along the Pacific coastal strip of Central America is pasture.

In wealthier countries and some emerging economies, factory farming, often associated with higher efficiency, is more commonplace thereby reducing the need for pasture. However when it comes to this type of farming, if all factors are considered, this so-called efficiency actually results in an increased need for land and fossil energy use, namely feed and pesticide production and transportation thereof. Furthermore, there are other serious environmental implications associated with industrial animal husbandry.

An obvious implication is the amount of feed required for these animals. The increase of feed consumption brings with it economic implications. Economies become increasingly reliant on grain imports despite employing modern industrial farming practices. There are numerous examples of countries that were once grain exporters but have now become dependent on imports to feed their animals.

So, where does all the grain come from? As demand for feed increases to feed our future hamburgers and such, it is the poor countries that respond by growing such cash crops in the place of food for their own people. All the while, 20,000 people die everyday due



to malnourishment or starvation.

Natural resource depletion is an area requiring our attention, the most obvious being fresh water, also known as blue gold. *Vegetarian Times Complete Cookbook*, maintains that more than 15,000 litres of water are needed to produce a single day's worth of food for the typical meat eater. In comparison, an ovo-lacto vegetarian requires only 4500 L of water and a vegan needs a mere 1135 L. If this is true then the carnivorous diet is the SUV of food choices. Simply put, unsustainable.

Water depletion is further compounded by, in part, pesticide pollution. According to some statistics, well over 500 million pounds of pesticides are applied annually on farmland. If we take the US alone, which uses anywhere between 50-80% of agricultural land to grow feed, it's not difficult to deduce how much pesticides are used solely for livestock feed.

Dennis Avery, Director of the Centre for Global Food Issues, asserts that, "the world must create five billion vegans, or triple its total farm output without using more land". It seems everyone is well aware that we cannot keep up with current consumption trends, but what are we willing to sacrifice?

The majority of people want to do the right thing but just what that is can be difficult to determine as we all have different priorities. Perhaps we must really scrutinize our needs versus our desires in the spirit of our "Leaver" predecessors. In the words of *Ishmael*, "breaking out of the Taker prison is a common cause to which all humanity can subscribe".



Members' News & Special Events

UPCOMING MONTHLY VEGAN POTLUCKS

Date: Sunday, September 11th at 6pm (doors open at 5:30)

Speaker: TBA

Date: Sunday, October 9th at 6pm (doors open at 5:30)

Speaker: Ben West of the Aurora Institute

Topic: Shedding Light on Agribusiness in Canada

Special thanks to our sponsor: T.H.E. Store

www.t-h-e-store.com

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.

Visit www.earthsave.bc.ca/events/potluck.html for more info.

Would you like to be part of the Potluck volunteer team? Volunteers get to eat first and receive a complimentary raffle ticket. For more information on potluck volunteering, please contact Maura, Potluck Coordinator at potluck@earthsave.bc.ca

UPCOMING DINE-OUTS — OPEN TO ALL!

Thursday, September 8th at 7pm

Greens and Gourmet Restaurant

2582 West Broadway, Vancouver

What's Your Story? A fun social mixer for all those (attached or unattached) currently eating or transitioning towards eating a more plant-based diet who would like to meet more like-minded people. More info here:

www.earthsave.bc.ca/events/socialmixer.html

Price: \$8/member (\$10/non-member)

plus minimum \$10 meal for the pay-by-weight vegetarian buffet.

Friday, September 16th at 7pm

Dharma Kitchen

3667 West Broadway, Vancouver

Dharma Kitchen is a new restaurant whose zen-like atmosphere and delicious vegan fare will win you over. Come out and sample a wide variety of their dishes, starting with an avocado salad and a protein salad. A dharma bowl and a dragon bowl come next. The last course will include two dishes: basil tofu and tofu in Thai peanut sauce.

Price: \$14/member (\$17/non-member)

Thursday, October 6th at 7pm

Enthuze

871 Denman Street, Vancouver

Enthuze fuses dining culture with modern lifestyle accessories to create a great atmosphere. They will cook up a fabulous five course meal starting with a curried mango and sweet potato soup and a cilantro glass noodle salad. An appetizer

of shitake gyoza will be followed by the main course, a Thai red curry of roasted squash, tofu and snap peas. We will finish up this exciting menu with a coconut basmati rice pudding. A wine pairing will be available at an additional cost.

Price: \$18/member (\$21/non-member)

Friday, October 14th at 7pm

La Mascotte

3236 West Broadway, Vancouver

Dim lighting and a Mediterranean Bistro atmosphere await us as we enjoy an evening at one of EarthSave's all time favourites, La Mascotte. The large buffet with include a green bean dish, barley stuffed zucchini, rice stuffed eggplant, roasted onion-lentil salad, tabouli salad, taro root with tahini and unique savory pumpkin pie.

Price: \$16/member (\$19/non-member)

Thursday, October 20th at 7pm

Radha Yoga and Eatery

upstairs at 728 Main Street, Vancouver (in Chinatown just north of the Georgia Viaduct, located between Georgia and Union Street)

Located in a beautiful brick and plant filled space in Chinatown, Radha is a unique combination of yoga studio and new vegetarian restaurant.

Starters: Tomato white bean soup or Roasted yam and butternut squash soup. Main Course: Steamed and grilled whole artichoke heart with garlic dipping sauce, vegan spicy meatball with roasted red

pepper tomato sauce, vegan fettuccini Alfredo, and organic spinach walnut salad. Dessert: Vegan lemon cheesecake with organic raspberry coulis and vegan banana coconut cream pie.

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

Wine and beer will be available.

Thursday, November 3rd from 7-9pm (additional cover charge for live music after 9:00)

RIME

1130 Commercial Drive, Vancouver

At Rime we'll have the whole Turkish experience, that is meze, the tapas-like dishes meant to accompany raki, Turkey's national drink, but with a bit of creativity on the flavours. We'll start with appetizer platters to share: Zeytinyagli Pirasa (leek, carrot and basmati rice in olive oil base), Mercimek Koftesi (red lentil patties), Zahterli Humus (humus topped with zahter spice mixture), Patlican Salatasi (Roasted eggplant salad), Pilaki (romano beans and carrot in tomato sauce), Piyaz (white kidney bean salad), Taze Fasulye (green beans in olive oil). The entrees will served with rice/orzo, organic green salad with dijon vinaigrette and mixed pickles: Nohutlu Bamyas (okra with chickpeas in sundried tomato sauce) and Vegan Threesome (zucchini, artichoke hearts and broad fava beans in light dill sauce). Dessert: Pears with almonds and Stuffed caramelized figs with walnuts. Price: \$20/member (\$23/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)

B.C. - LOWER MAINLAND

Ayurvedic Center Inc.	5182 Victoria Dr., Vancouver	604-761-9442
BC Gelati	1102 West Broadway, Vancouver	604-733-2979
Best Bread Bakery Cafe	20635 Maple Cres. @ 207th, Maple Ridge www.BestBread.ca	604-465-4065
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
Empowering People	101-2145 W. Broadway, Vancouver	604-323-6669
Everybody Loves Veggies	555 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Gaia Garden Herbal Dispensary	2672 W. Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (2 for 1 for first timers)	Various locations, Greater Vancouver www.goddessgiftgathering.com	604-879-3886
Greens & Gourmet Vegetarian Restaurant	2582 West Broadway, Vancouver	604-737-7373
Happy Veggie World	378 - 13988 Cambie Rd., Richmond	604-278-5519
Health Connection, The (15%)	Unit 2 - 2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0595
Healthy Green Wheatgrass (50% off first tray)	Home Delivery Service	604-879-2280
HOC Health Centre	112-250 Schoolhouse St., Coquitlam	604-520-6867
Kelpman Kelp Products	300-1497 Marine Dr., West Vancouver	604-926-3352
Kitsilano Hemp Company	2918 West 4th, Vancouver	604-730-1865
Life Time Organics (10% on vitamins only, 5% on food)	2099 152nd Avenue, White Rock	604-541-0933
May 3rd Enterprises, Electrolysis & Ear Candling	2023B Hyannis Dr., North Vancouver earcandles@aol.com	604-929-0694
My Private Chef, Organic Personal Chef Service	www.myprivatechef.ca	604-876-7759
Nordic Living Water Systems	904 Leovista Ave., North Vancouver or 1-888-644-7754	604-990-5462
Nowak, Kathy - Nutrition Consultant	Vancouver k_nowak@lycos.com	604-251-6879
Nyala Restaurant	2930 West 4th, Vancouver	604-731-7899
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
OM Vegetarian Restaurant	3466 Cambie Street, Vancouver	604-873-6868

Organic & Natural Foods	4518 Dawson St., Burnaby 102-8160 Cook Rd., Richmond	604-484-2234 604-232-9292
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Paradise Vegetarian Noodle House	8681 10th Ave., Burnaby	604-527-8138
Planet Veg Restaurant	1941 Cornwall St., Vancouver	604-734-1001
Rainbow Vegetarian Restaurant	2-8095 Park Road, Richmond	604-273-7311
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver www.ayuryogi.com	604-761-6537
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
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
Semperviva Natural Health Food Stores	2608 West Broadway, Vancouver	604-739-1958
Serenity Cafe	3347 West 4th Ave., Vancouver	604-739-9777
Shiatsu Therapy with Colin Vankeith, RST		604-682-7339
Simply Vegetarian Restaurant	135-8291 Ackroyd, Richmond	604-278-0852
Small Potatoes Urban Delivery	20% off new customer's first 4 orders, quote code # NFP5-209778	604-215-7783
Sprouts	6138 Student Union Blvd., Vancouver	604-822-9124
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 East 4th Ave., North Vancouver	604-984-1260
Transilvania Peasant Bread	3474 West Broadway, Vancouver	no phone
Unique Nutrition Health Centre	2-555 West 12th Ave., Vancouver	604-872-8647
Vadhvana, Gita - Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
Vegan Choice Foods Inc. - Chi Cakes	Ladner	604-626-2226
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251
West Best Vegetarian Market (discounted items & bulk packs excluded)	4834 Victoria Drive, Vancouver	604-323-2362
West Pointe Organic Produce	2625 West 4th Ave., Vancouver	604-736-2839

OUTSIDE LOWER MAINLAND LOCATIONS

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Canadian Wilderness Ecotours	923 Catherine St., Victoria, BC	250-595-1835
Green Cuisine	Market Square, 560 Johnson St., Victoria, BC	250-385-1809
Hoodoo Ranch Organic Fruit	Box 155, Spences Bridge, BC	604-980-2217
Interlude-Kripalu Massage	Victoria, BC	250-514-6223
Johnstone, Stacy - Reiki Practitioner	845 Birch Ave., Kelowna, BC	250-763-4033
Lotus Pond Restaurant	617 Johnson St., Victoria, BC	250-380-9228
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735
The Soap Exchange	1393A Hillside Ave., Victoria, BC	250-475-0033 250-475-0077
Tree House Health Foods	100 Fort St., Hope, BC	604-869-5545

* Bold = New Addition

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