

Planting Seeds for a Fertile Future

By Tom Evans

More than 80% of the world's seed distribution is now controlled by a handful of petrochemical and pharmaceutical corporations. They own the seed and the technology for GMO (genetically modified organism) development. They manufacture the chemicals of agribusiness and the medicines to treat us when our diets, lifestyles and environmental degradation make us sick. Whether a GMO or not, most of the foods we eat today come from patented hybrid seed which is not reliably fertile and is often sterile. This is our diet. It is what we are fueling ourselves with for our survival into the future. Non-fertile genetics.

We are now seeing evidence of the potential harm caused by these manipulated foods. The Monarch Butterfly is struggling to survive as a result of eating the pollen of Bt Corn. Farmers are being sued for being in possession of patented property as a result of pollen drifting into their field and contaminating their crop. Organic farmers are very concerned by the threat of losing their organic status as a result of the same phenomenon.

We have seen plenty of public reaction to the introduction of genetically modified organisms into our food supply. Massive demonstrations in Europe and increasing awareness in North America have brought a lot of attention to the threat. Now even large companies normally aligned with the transnational status quo have distanced themselves publicly from genetically engineered technology.

So what options do we have? If we say no to GMO technology and wish to eat fertile foods then where will this food come from?

The Planting Seeds Project is a local initiative started by myself in 1990 to try to return fertile, open pollinated foods to the marketplace. Mojave Kaplan joined the project the following year and has been a driving force ever since. With the world's seed companies being bought out and the fertile varieties being removed from distribution, our food security and liberty options are quickly evaporating. The Planting Seeds Project has been collecting what remains of our fertile food

supply and then finding people to grow the varieties out until food production quantities of seed are available.

We have sent free seed to over 40 countries all over the world. We did a tour of the former Soviet Union and established over seventy projects and conducted dozens of how-to workshops, setting up potential economies where the existing infrastructure had collapsed.

In 1992 and '93 we farmed on the Adams Lake Indian Reserve where 273 food crop varieties were re-established, some of which started with a mere handful of available seed. One variety in particular -- the Cheesecake Pumpkin -- started out with only 4 seeds which we were able to acquire from a local museum. This is an incredible sweet squash that keeps over winter like none other I've seen, but had almost become extinct due to the onset of mechanical harvesting. The Cheesecake does not mature all at the same time and varies in size, so it was unacceptable to the progress of industrial farming. From those 4 seeds 2 sprouted and we got three squash in the first year.

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

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

Message

from the President

Science, taken to the ultimate, holds that we are living in an illusion. The general concept is that all life is comprised of molecules and atoms. Atoms consist of sub atomic particles that have no form and are comprised of a barely detectable substance that is an unmeasurable energy. Life is based on neutrons, neutrinos, quarks, protons and other wondrous, strangely named denizens of quantum physics. Life is an illusion of energy.

The illusion is closer than we realize. The food we eat is not the same food our parents ate. If it is not organic, it is a denatured substance containing noxious chemical residues, growth hormones, sub-clinical levels of antibiotics and is the source of many disease causing bacteria and viruses. The Food Science Industry is daily creating even greater illusions they want us to accept as food. One wonders, with the track record the food industry, the insidious chemical industry, the pharmaceutical industry and now the genetic engineering crowd, is the planet becoming an illusion?

Last winter, if that is an appropriate term, the geraniums in my garden survived. I live half way up a mountain! Science is reporting that glaciers are melting at unprecedented rates. Data from submarines measuring ice thickness in the Arctic show unprecedented melting of the polar ice caps. Is global warming an illusion?

The latest scientific theory links the green house effect to the production of methane, not carbon, while at

the same time claiming that methane and its sources are not fully understood. A little scientific disinformation perhaps? Pause for a moment and give thought to the fact that the cattle on the planet outweigh the humans. Methane is a by-product of dairy and beef cattle husbandry, and is also generated by sewage treatment plants. Methane production is not a big mystery.

Our drinking water has been safe for the last billion or so years. Not any more. Ask the people who live in Walkerton, Ontario or for that matter any person who lives in an area where there is a heavy concentration of dairy cattle. Locally, it would be those living in the Sumas water district. E-coli H:157 is found only in the guts of dairy cattle! How does it get into the water supply of the local town? Clean drinking water is becoming an illusion.

The problems are immense. Yet each one of us can be involved in the solution. Have a meatless meal, take the bus, do not eat dairy, avoid genetically modified food (canola oil, non-organic potatoes, many soy products). Tell your grocer that you will not shop there if they carry genetically modified food. Serve a meatless meal to a carnivore friend. Join an environmental group. Generously support EarthSave. Volunteer your time to a worthwhile cause. Do something. If you don't, who will? To assume that everything is O.K. is the ultimate illusion.

Justis Raynier

President, EarthSave Canada



Milk Milk Does a Body Bad

Jane Heimlich reviews *"Milk: The Deadly Poison,"* by Robert Cohen. It's one of the many excellent books for sale at the EarthSave office. Come down and have a browse.

One of my earliest memories is of my father coaxing me to drink milk. You may be applying the same pressure to your children. You may not want to hear this, but your glass of milk, even low-fat, is awash in fat (the equivalent of three slices of bacon), cholesterol, antibiotics, bacteria and the most distasteful ingredient: pus.

I suspected that milk might have been a health disaster back in the spring of '94, when I learned that the FDA had approved the use of a genetically engineered hormone called "recombinant bovine growth hormone" (rBGH). The alleged purpose of this hormone is to increase a cow's milk output. Considering the glut of milk for the past decade, economic justification for using rBGH remains a mystery.

Injecting hapless cows with a growth hormone raised a red flag for me. In my 20-plus years of health reporting, I've found that when a company interferes with Mother Nature, it invariably brings suffering and disease.

I suspected that over the years, pasteurization and homogenization had destroyed most of the natural goodness of milk. The growth hormone was the supreme insult. As dairymen reported, this hormone made the cows sick, namely developing mastitis, thus requiring enormous doses of antibiotics. A more disturbing consequence of the bovine growth hormone is that it increases levels of another powerful growth hormone: IGF-I. IGF-I is a key factor in the growth and proliferation of cancer.

Starting in 1994, the media assured us that milk from a treated and untreated cow is virtually the same. Few bothered

to investigate why a growing number of dairy farmers and environmental watchdogs were bitterly opposed to its use.

What was needed to bring the effects of rBGH to the front was an intrepid scientist who could confront scientists from these prestigious organizations, speak their language, interpret scientific data and reveal the facts about the bovine growth hormone.

Reading this book, you will learn that milk contributes to heart disease and increases the risk of breast cancer. You will learn why milk may be a poor source of calcium, a prime cause of allergies and much more.

The author, Robert Cohen, doesn't expect you to accept these shocking findings on faith. In digging for scientific facts, Cohen found the web of confusion surrounding the bovine growth hormone contained not only the FDA and Monsanto, but also members of the U.S. Congress. At times, this book reads like a detective story.

My husband, Dr. Henry Heimlich, creator of the Heimlich Maneuver had a similar experience dealing with the American Red Cross (ARC). Following his discovery that the maneuver, he implored the ARC to stop teaching the public to administer back-blows to a choking victim, which only drives the object deeper into the airway. Stymied, he took his life-and-death issue directly to the public.

Robert Cohen has taken the same tack. Reading this meticulously documented book, written in a lively informal style and punctuated with irreverent humor, I feel sure you will be convinced, as I am, that milk is hazardous to your health. Don't worry about what you are going to put on your cereal. Cohen offers plenty of non-dairy suggestions.

Take its message to heart.



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Biotechnology
& Genetic Engineering

Date & time:
Friday, Nov 10, 2000
10:00am - 10:00pm

Location:
TheVogue Theatre
918 Granville Street
Vancouver, BC

Registration fee:
\$5.00 to \$20.00

Registration contact:
604-688-8846

Information:
www.sustainability.com/cage

Organizing Committee includes
EarthSave Canada, Greenpeace,
Council of Canadians, Health
Action Network, SPEC, and many
other organizations.

10:00am-11:00am
Frankenfood
Brewster Kneen, Richard Boeking

11:00am - 12:00noon
The Patenting of Life
Kathleen Kneen, Janette
Armstrong,
Catherine Barrett

12:00noon - 1:00pm
For Our Benefit? Biomedical
Research
Colleen Fuller, Arthur Teuscher

1:30pm - 2:30pm
Science and the Public Interest
Doreen Stabinsky, Ingrid
Northwood

2:30pm - 3:30pm
Tricks of the Trade: Biotech
Corporations
Tony Clarke

3:30pm - 4:30pm
Genetically Engineering
Democracy
Herb Barbolet

4:30pm - 5:30pm
Sowing Seeds of Empowerment
Jennifer Story, Dr. Warran Bell,
Beth Burrows

7:30pm
Genetically Engineer This
PUBLIC FORUM
Maude Barlow
Mao Wan Ho

Why is Ottawa paying good money to hype GM

By Andrew Nikiforuk

There's nothing like coming home after a long day at the office and finding a colorful bit of government propaganda in your mailbox. But the latest, a 24-page Government of Canada brochure entitled "Food Safety and You" that is being sent to 12 million households, should outrage fiscal conservatives and green types alike.

For starters, the brochure-which Brewster Kneen, one of Canada's most vocal agricultural critics, calls "brief, attractive and pernicious"-is really little more than a \$2.8-million ad for biotechnology, one of our most heavily subsidized industries. (Ottawa pours about \$400 million every year into the sector). And just how many other industries get free advertising from the feds?

The terribly misleading passages all begin on page 7, where federal spin masters say Ottawa believes that food labeling "must be clear, truthful and meaningful." This just isn't so. The Canadian government has consistently fought the clear labeling of genetically modified foods out of fear that an industry supported by government largesse might fail the ultimate test: consumer demand. "The government is denying consumers the information they need to make their preferences known in the marketplace," says Mark Winfield, research director at the Canadian Institute for Environmental Law and Policy in Toronto. And that's a clear infringement of the economic rights of 95% of shoppers who, according to a recent Environics poll, say they should be able to buy food that hasn't been fooled with by government-funded technicians.

The brochure also claims that genetically modified foods "go through a rigorous and thorough review process before being introduced in the marketplace." Well, there is a regulating process of sorts, but it's done by biotech firms themselves. There is also little uniformity

in their assessments. In fact, a recent study by the University of Guelph's Ann Clark found that 70% of available GM crops have not gone through any rigorous lab or animal-toxicity testing by federal agencies at all. And if these products are so damn appetizing, then why did the government recently set up a panel to study the issue-a fact conveniently omitted from the pamphlet?

But here's the really crafty passage: "If you've ever eaten bread or cheese ... then you've ingested something that was produced through biotechnology." Making stinky cheeses with bacteria is a vastly different craft than splicing a bacterial or fish gene into a plant to help it kill insects or withstand freezing temperatures.

Food retailers should have another serious concern with "Food Safety and You." One of the pamphlet's authors is the Canadian Food Inspection Agency (CFIA), which is supposed to regulate the food supply. But because the CFIA also runs the Office of Biotechnology, it acts as an outspoken promoter of genetically modified products. Such a blatant conflict of interest not only undermines the agency's credibility but also, by extension, that of every food retailer.

So, watch your mailbox and don't eat dinner while reading. The pamphlet is unlikely, as the government promises, to make you "hungry" for more genetically modified information. ▼

EarthSave Canada is looking for a personable, responsible person for the position of Office Manager. This is a great opportunity to work with a team of committed individuals working towards the goal of sustainable living. The position involves general office administration, management of our resource centre and merchandise, basic book keeping, liaison with the EarthSave Canada Board of Directors and handling public enquiries. Proficiency with the Microsoft Office programs including Microsoft Outlook is essential. Familiarity and knowledge of the EarthSave mission and projects is an advantage.

Our ideal candidate is an organised, motivated and independent worker with excellent communication skills and an interest in environmental, health and/or animal issues. Training will be provided.

EarthSave Canada is a non-profit group, with a mission to educate the public about the consequences of their daily food choices in terms of environmental impact, health and animal ethics. The society is national, with the Head Office and resource centre in Vancouver, BC.



Keep off the Grass

From: Pesticide Watch.

For many years, citizens have been pleading with local, provincial and federal officials to ban the cosmetic use of pesticides in residential areas. We have educated people about the environmental and human health effects of exposure to pesticides and about ecological alternatives for lawns and gardens. We have worked hard for the day when chemical spraying in our neighborhoods will be stopped completely. Well, now there's real hope!

Marlene Jennings, Liberal MP for NDG-Lachine (in Montreal) has drafted a Private Member's Bill: "an act to prohibit the use of chemical pesticides for non-essential purposes." Bill C-388 had its first reading on December 1, 1999. The summary of the bill reads: "The purpose of this enactment is to place a moratorium on the cosmetic use of chemical pesticides in the home and garden and on recreational facilities such as parks and golf courses, until scientific evidence that shows such use is safe has been presented to Parliament and concurred in by parliamentary committee."

We need everyone concerned about this issue to take a couple of simple but urgent steps to get Bill-388 made into a

Government Bill (i.e., supported by either the Minister of Health or the Minister of Environment) as soon as possible. Private Member's Bills often languish at the first reading stage for years, so we will have to push hard for this one to be fast-tracked. We must act now!

Draw your MP's attention to Bill C-388 and request that he or she contact the Ministers of Health and the Environment to ask that it be made a Government Bill immediately.

Contact the Ministers of Health and the Environment yourself to ask that Bill-388 be made a Government Bill and that urgent action be taken immediately.

Pass this information on to anyone you think might help.

Mail your letter to: Alan Rock, Minister of Health, David Anderson, Minister of Environment, and your local MP at:

House of Commons,
Ottawa, Ontario
K1A 0A6

Postage is free. ♡

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That was replanted as well as distributed to other growers and now it appears in markets all over B.C.

Produce to watch for this year includes Bulls-Blood Beets, and Dragon Carrots. Dragon Carrots are an open-pollinated variety that is brilliant purple/red on the outside and mango yellow on the inside.

The flavors, textures, colors and nutrition we get from eating diversely reflect a quality of life quickly vanishing. If you do not want a future where all of your food comes from a handful of multinational corporations who own the patent and the means of production then we must start demanding the return of fertile food varieties in your favorite store. Eat organic and encourage stores and organic farmers to select fertile seed as the basis of their marketing.

The Planting Seeds Project is largely funded by Circling Dawn Organic Foods and by Seed Packet sales. We are now also starting to contract for farmers and seed distributors. Planting Seeds Project seed is available at Circling Dawn on Commercial Drive, as is lots of B.C. grown open-pollinated produce and over 5000 other products. Circling Dawn home-delivers throughout the lower mainland. Call 255-2326 or look up the web site at www.organicdelivered.com. ♡

The position is permanent part-time (~ 22 hours per week).

Starting rate is \$14 per hour.
Preferred Start date November 7, 2000.

Deadline for Application:
Friday October 13, 2000 3:00 pm

Please send application to the Selection Committee,
EarthSave Canada
FAX: 1-604-731-5805
MAIL: G106 - 2480 Spruce St,
Vancouver, BC V6H 2P6

Job Posting

EarthSave Canada Membership

I would like to Join EarthSave and support the efforts being made to promote a plant based diet...

- \$10 Youth (up to 18 years)
- \$25 Full-Time Student/Senior
- \$35 Individual
- \$50 Family*
- \$100 Commercial
- \$Sustaining \$ _____ /mth.

* If Family membership, Enter names here:

Paid by Visa MasterCard Cheque

Card # _____ Exp. _____

Signature _____

Name _____

Address _____

City _____ Prov _____ Postal Code _____

Phone # _____ Email _____

Make Cheques payable to:

EarthSave Canada, #G106-2480 Spruce St, Vancouver, BC V6H 2P6

Fax: (604) 731-5805

Yes! I've already received an info pack.

More Ways to make the Change

More Ways to Make the Change

Excerpt from *Farmageddon: Food and the Culture of Biotechnology*, by Brewster Kneen. Available at the EarthSave office. It's a fine read.

The first and most obvious step in resistance is always at the level of personal conscience.

When politics is subservient to the corporately controlled, democracy may best be expressed by decontaminating fields and gardens or taking action in the retail market itself. For the public, this means making conscientious choices about what is purchased or whether it is bartered or even grown at home.

The same holds true for farmers and gardeners and all those who want to take greater responsibility for feeding themselves, their families and their communities. The first step is to shun all GE seeds

and everything associated with them. The next step is to go back to selecting and saving your own seed and trading with others. This ancient practice is being revived more and more frequently around the world as people experience the boitech companies' tightening grip on the seed trade.

The retailers, wholesalers and processors who rely on your dollar are very sensitive to your public opinion, and your "vote" will be taken seriously. It can be cast not only by boycotting GE products or suspected GE products, but also by contacting the companies producing them through the addresses on the labels of the canola oil bottles, the bags of potatoes, the milk cartons and all the corn and soy products. Copies of your letters, perhaps with an additional note could even be sent to your elected representatives.

There is also the simple and civil action of talking directly with local store clerks and managers and translating personal choices into public actions, such as saying to the checkout clerk in a voice audible to those near you that you would like to buy this canola oil (or whatever), but not if it is genetically engineered or comes from GE crops. Let them know if the product is inadequately labeled and does not provide this essential information. Such simple resistance can be undertaken with levity and respect and will generate some interesting exchanges....

It is better to give than to receive. But receiving is nice too.

Want to leave more money to a charity or organization than you're able to? There is a solution using life insurance. And yes, you will receive something in return — your annual contribution generates credits for your income tax. For information just give me a call.

Bev Colman, CFP
Financial Services Representative
2100 - 4720 Kingsway
Burnaby, B.C. V5H 4N2
Tel: (604) 430-6393 Fax: (604) 430-6368
beverley_colman@sunlife.com



From the Vancouver Macrobiotic Society May/June newsletter:

A quarterly newsletter produced by the Alliance for Breast Cancer.

Information and Support BC (Abreast in the West) reports on Chinese oyster & soy sauces (including the popular Lee Kum Kee) and their cancer-causing chemicals 3-MPCD. Health Canada reports that 3-MPCD is a substance that has been found in a number of soy, mushroom and oyster sauces in Canada.

The 3-MPCD is a member of the chloropropanol group of chemicals and is a possible carcinogen in humans. For more info call the Cancer Information Service 1-888-939-3333.

EarthSave Classifieds

For EarthSave Canada members. Trade, donate or sell most any item, list your business services or shared housing! \$5 for first 15 words, 25 cents each additional word. Next advertising deadline: November 15.

I'm a raw food vegan aged 3 years. I'd love to meet other healthy kids. Call Doreen (my Mum) at 983-8128.

Thank You

To Jan and Mike Donatelli for providing covers and skirts for the office trestle tables. These will help hide the storage bins, books, boxes and pamphlets, making the office more inviting for visitors, staff and EarthSave members.

Also, thanks to Chris Tsai for his ongoing office support, stuffing and sending info packs and delivering newsletters to the Vancouver Public Library.

How can you help? Call the office today: 731-5885.



Members' News & Special Events

2000 EarthSave Potlucks

Everyone is welcome at our EarthSave potluck dinners, held at the Bonsor Recreation Centre (6550 Bonsor, near Metrotown Skytrain Station) in Burnaby from 6 to 9 p.m. Upcoming potlucks are on:

October 8
December 3

Potlucks are free to anyone who brings food. Without food, the cost is \$8. To make our potlucks enjoyable for all, please bring a vegan (no meat/fish/milk/casein/egg/honey/gelatin) dish, such as a substantial soup, salad, entree or dessert that provides six adult servings. A list of ingredients must accompany each dish, whether store-bought or homemade.

Please bring a serving utensil and your own plate, cutlery, serviette and cup. We will supply hot tea.

To volunteer at our potlucks, or for more information, please call Katinka Smeele at (604) 937-5290.

Other Potlucks

Outside the BC Lower Mainland, EarthSave potlucks and other activities are coordinated by local members. For more information, contact:

Colette Bosch
Kelowna
(250) 762-8036
<colettebosch@hotmail.com>

Sandra Carlson
EarthSave Victoria
(250) 361-1709
<esvictoria@home.com>

Don & Fay Johnson
Powell River
(604) 485-4297

Virginia Queenan - Calgary
(403) 640-4560
<queenan@cadvision.com>

Sandra Rae
Courtenay
(250) 334-2715

David Schouela - Montreal
(514) 937-1346
<david.schouela@rnb.com>

Ryan Henderson
McGill University Student Group
(514) 286-1440
<ryanhenderson1@hotmail.com>

If you'd like to coordinate potlucks in your area, contact the EarthSave office to add your name to this list.

Speak out for a Healthy World!

Join EarthSave Toastmasters and learn how to speak out for the causes you believe in. Toastmasters meet Monday nights at 7:30 p.m. at SPEC, 2150 Maple St. at W. 6th Ave. in Vancouver. For details, call Silvia Wilson at 879-3886.

Come and have fun with our 4-E club -- energetic, encouraging, educational and environmentally-oriented.

Upcoming club events:

Speechcraft -- a public-speaking course hosted by EarthSave Toastmasters.

When: Every Monday between Oct. 16 and Nov. 20, 6pm-7:10pm. 6 sessions.

Where: SPEC (see address above).

Cost: \$60 (includes manual).

Contact: Barry (682-3269 ext. 8978).

Dining out with EarthSave

EarthSave dine-outs are a great way to enjoy a vegan meal and meet people who share your love of good, healthy food. Dine-outs are held the third Wednesday of every month at different restaurants in the Vancouver area. Dinner prices range from \$15 to \$22 per person, depending on the restaurant.

The restaurant of the month is usually listed on EarthSave's voice-mail message. To sign up for a dine-out, you must RSVP to Veronica Kendal at 683-4697 no later than noon the day before the dine-out. If you sign up, please show up! ♡

EARTHSAVE'S Health

Partnership Program

10% discount to EarthSave Members (unless otherwise stated)

B.C.—Lower Mainland

Aurasense Botanical Products
PO Box 29525, Maple Ridge
(604) 467-1111 or 1-888-922-4111

BC Gelati
1102 W. Broadway, Vancouver
733-2979

Bo Kong Vegetarian Restaurants
(5% discount)
80-8100 Ackroyd, Richmond—278-1992
3068 Main Street, Vancouver—876-3088

Buddhist Vegetarian Restaurant
137 East Pender St. Vancouver
683-8816

Dancer Vegetarian Foods Home Delivery
Service (5% discount to all items)
942-2315

Ecco Il Pane Bakery
(10% Discount on vegan bread only)
238 West 5th Ave., Vancouver
873-6888

Elanta—Reiki Master/Teacher
318-3218

Empowering People
101-2145 W. Broadway, Vancouver
323-6669

Evergreen Vegetarian Foods
4166 Main St., Vancouver
879-3380

Gaia Garden Herbal Dispensary
2672 W. Broadway, Vancouver
734-4372

May 3rd Enterprises, Electrolysis & Ear
Candling
2023B Hyannis Dr., North Vancouver
929-0694 E: earcandles@aol.com

Greenspot Vegetarian Cafe
2220 Marine Dr., W. Vancouver
925-2218

Greens & Gourmet Vegetarian Restaurant
2681 W. Broadway, Vancouver
737-7373

Happy Veggie World
#205-12882 85 Ave., Surrey
501-4878

Health is Wealth (5% discount)
4455 E. Hastings, Burnaby
298-0595

Healthy Green Wheatgrass Home Delivery
Service
879-2280

Kitchen to Kitchen Catering
899-8909

Kitsilano Hemp Company
2918 West 4th, Vancouver
730-1808

Krishna Pure Vegetarian Restaurant
1726 Davie St., Vancouver
(604) 688-9400

Life Time Organics (10% on vitamins only,
5% on food)
2099 152nd Avenue, White Rock
541-0933

Minutillo, Leonarda—Nikken Independent
Distributor
Ph/Fax: (604) 513-0288

Nordic Living Water Systems
904 Leovista Ave., North Vancouver
990-5462 or 1-888-644-7754

Nyala Restaurant
2930 West 4th Ave., Vancouver
731-7899

Ocean Park Health Foods
12907 16th Ave., South Surrey
531-7011

Organics to You
304-3815 East 1st Ave., Burnaby
473-5001

Pacific Institute of Reflexology
535 West 10th Ave., Vancouver
875-8818

Planet Veg Restaurant
1941 Cornwall St., Vancouver
734-1001

Rainbow Vegetarian Restaurant
2-8095 Park Road, Richmond
273-7311

Rainforest Reptile Refuge Society
1395 176th St., Surrey
538-1711

Sea Spray (Kelp Growth Supplement)
300-1497 Marine Dr., West Vancouver
926-3352

Semperviva Natural Health & Fitness
2608 West Broadway, Vancouver
739-1958

Simply Vegetarian Restaurant
135-8291 Ackroyd, Richmond
278-0852

Smith, Penny—Reiki Practitioner
Granville Island location
731-7396

Sweet Cherubim (Restaurant ONLY)
1107 Commercial Drive, Vancouver
253-0969

Tanle Basic Foods
124 E. Broadway, Vancouver
876-0270

Thai Body Work by Bernard Dalziel
332 E. 4th Ave., North Vancouver
984-1260

Unique Nutrition Health Centre
2-555 W. 12th Avenue, Vancouver
872-8647

Vadhwana, Gita
Ayurvedic Cooking Instructor
7437 Willard Street, Burnaby
522-1413

The Vitamin Connection
(Coquitlam Centre outlet—15% discount)
2929 Barnet Hwy, Coquitlam
464-2723

Wang, Dr. David, Naturopath
2nd Flr., 1962 W. Broadway, Vancouver
733-0266

West Coast Yoga
903-4660 W. 10th Ave, Vancouver
224-3505

West Pointe Organic Produce
2839 W. Broadway, Vancouver,
736-2839

West Wood Organic Produce
2183 West 41st, Vancouver
261-4363

Woodlands Restaurant
2582 W. Broadway, Vancouver
733-5411

Outside Lower Mainland Locations

Canadian Wilderness Ecotours
923 Catherine St., Victoria
(250) 595-1835

Bar None Cafe
244 4th Street, Courtenay
(250) 334-3112

Black Sea Health Foods
7054 Pioneer Ave., Agassiz
(604) 796-3677

Cell Tech—Super Blue Green Algae
Andrea Kober, Independent Distributor
(250) 386-ALGA

Community Natural Foods
1304 10th Ave S.W., Calgary
(403) 229-2383

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

Inspirit Consulting Services
5145 Lark St., Kelowna, BC
(250) 764-7699

Johnstone, Stacy—Reiki Practitioner
845 Birch Ave., Kelowna
(250) 763-4033

The Juicy Carrot
254 Ellis St., Penticton
(250) 493-4399

Lotus Pond Restaurant
617 Johnson St. Victoria, BC
(250) 380-9228

Mandy & Me Trailriding
174 Bear Creek Rd, Kelowna, BC
(250) 769-5735

Organic Express, Okanagan Home
Delivery Service (Vernon-Kelowna-
Penticton)
(250) 862-2266

Ortho-Bionomy Int.
2483 Pandosy Street, Kelowna
(250) 868-0823

Potpourri Farm—Hack House Organic
Orchard (20% discount at farm location)
29686 Hwy. 97 S, Oliver
(250) 495-3226

City office:
200-328 W. Hastings St., Vancouver
(604) 688-1688

The Soap Exchange
1393A Hillside Ave., Victoria
(250) 475-0033/475-0077

Tanner's Naturals Herbal Products
(10% of sales donated to EarthSave)
2453 Hamm Rd., Black Creek
(250) 337-8002

Torontow, Michael
Registered JSD Acupressure Therapist
#201-1040 Rockland Ave., Victoria
(250) 480-7733

Towards Freedom—Cruelty-free and Eco-
Friendly Products
PO Box 13, Shawnigan Lake, BC
877-833-8383

Tree House Health Foods
100 Fort St., Hope
(604) 869-5545

Wild Roots Cafe
299 Wallace St., Nanaimo
(250) 753-0200

Welcome New Businesses

Ashifa Bellydance Performances
1175 Chartwell Cres.
West Vancouver, BC
V7S 2P7
Phone/Fax: 922-2629

VegDining.com
Suite 610, 4A - 3421 Portage Ave.
Winnipeg, Manitoba