



Canada

Earthsaver

Healthy People. Healthy Planet.

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When Vegan Is Not the Most Sustainable Choice

By Dave Steele, PhD

A couple of years ago, headlines like “Diet With Meat Uses Less Land Than Vegetarian Diets” blared from the pages of newspapers around the world. A group of scientists from Cornell University had calculated the number of people that farmland in New York State could feed if all ate diets ranging from low-fat vegetarian to meat-based diets just rolling in fat. The papers honed in on the fact that the land could support more people on a varied diet containing 2 ounces of meat per day than on a vegetarian diet consisting mostly of omelets and pizzas. The newspapers ignored the most important point in the report – that low-fat vegetarian diets could feed more than 500,000 more people than even the 2 ounce meat diet. The papers had a good headline but it was more spin than fact. Clearly, a plant-based diet can be the most sustainable choice.

But not all plant-based diets are created equal. ‘Better for the environment’ does not necessarily mean ‘sustainable.’ While growing the average calorie of vegetable protein in a North American diet requires less than one-tenth the amount of the fossil fuels (in the form of fertilizers, pesticides, tractor miles, etc.) that are used to raise meat, even growing that average vegetable is not sustainable. As renowned ecologist David Pimentel has shown, 2.2 calories of oil, gas and/or coal goes into each calorie of the plant protein most of us eat. That’s 2.2

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photo by Christine Martino

Farmers’ Markets: Reenacting a Collective Fantasy

By Liz Tevaarwerk

A year ago, when I thought about Farmer’s Markets, I thought of outdoor stalls where you can do a little good for the environment by buying local. I hadn’t attended for a long time and if anyone had asked what was on offer, I would have said, “Oh, the same

things as a supermarket, just fresher and local.” But after a few trips and a little research, I now know better.

Let’s start with Chicken-of-the-Woods. No, it’s not an animal product, it’s a mushroom. The reasons I was searching for this bizarre fungus are best left to another article, but suffice to say that after failing to find it at places like Urban Fare or Capers, I

scoured the internet for how I could obtain this large yellow mushroom that supposedly tastes like chicken. I only found one site selling them and it required that I buy a minimum 5 pound crate and have it shipped to me. Seeing the company was based in Vancouver, I called to ask their advice on where I might find a smaller amount to try it. The man said he was at the

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“When Vegan Is Not”

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than, in the long run, we'll be able to put into our foods.

And that 2.2 calories is just the start. It applies only to the average vegetable as picked from the garden and transported to your local grocery store. If you're eating highly processed foods – like many breakfast cereals, veggie meat, cheese substitutes – the energy inputs per calorie of food value are a whole lot more than that. The fossil fuels poured into veggie meats, for example, are in the same league as turkey and even higher than for chicken or wild-caught fish. Modern production of none of these meats – veggie included – can be maintained in the long run.

University of Chicago scientists have shown that the difference in annual greenhouse gas emissions between a vegan diet and a red meat diet is greater than the difference between driving a Toyota Prius and a Hummer H3 for over 5000 kilometers.

Actually, in the strict sense, almost nothing in the North American diet is truly sustainable. But some things are much closer to the ideal than others. Foods like beef, eggs and cheese are astronomically inefficient. Tens and tens of calories of oil and gas go into every calorie of food value in these products, not to mention the enormous costs of these foods in water and soil loss. On the other end of the scale, very locally grown, organic foods like potatoes and other vegetables often come very close to yielding as much energy as we pour into them. They could easily be made truly sustainable if we had a good system to return our waste to the fields.

So what would a truly sustainable diet look like?

Local meats can be sustainably produced, in small amounts, in closed systems, especially where cultivable land is in short supply, i.e., in the high arctic or on the steppes of Nepal. In such a closed

system, the animals eat the grass, leaving their manure on the pasture. The people who eat the animals then return the unused portions of the carcass to the land along with their own fecal matter and, eventually, their own bodies once they die. No outside fertilizers are used and nothing is taken from the land that isn't put back into it. This kind of small system can't feed many people but – if it stays small – it can be sustained indefinitely. Where the land can be used to grow plant crops instead, though, the inefficiencies of animal 'production' make this approach entirely untenable. It can feed far too few people.

Under the vast majority of conditions, and throughout the developed world, plant-based diets are tremendously more efficient. Eating whole, largely unprocessed fruits and vegetables uses an average of 10 times less energy, 10 times less land and up to thousands of times less water than eating meat. If we all switched to this kind of plant-based diet now, we'd cut down dramatically on natural gas and crude oil consumption, on soil erosion and on aquifer depletion. We'd buy time to wean ourselves from our fossil fuel addiction and to transition to truly sustainable food production. If we don't buy ourselves that time, Mother Nature will sooner or later force us to make the change – probably very abruptly – at the cost of enormous human suffering.

The differences between plant- and animal-based diets are huge. Scientists at the University of Pittsburgh have found that “shifting less than one day per week's worth of calories from red meat and dairy products to ... a vegetable-based diet achieves more GHG reduction than buying all locally sourced food.” University of Chicago scientists have shown that the difference in annual greenhouse gas emissions between a vegan diet and a red meat diet is greater than the difference between driving a Toyota Prius and a Hummer H3 for over 5000 kilometers.

So move towards a diet centered on locally grown, organic produce. It's the most powerful tool you have to save the planet from a very unfortunate fate.

For more information on the sustainability of North American diets, read David Pimentel's short review article, *Sustainability of meat-based and plant-based diets and the environment*. It's available for free online at <http://www.ajcn.org/cgi/reprint/78/3/660S.pdf>. [Editor's note: Dr. Pimentel is not a vegetarian himself.]



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Canada Earthsaver

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Transition to an Eco-Friendly Wardrobe

By Denise Alba

The transition to a more environmentally friendly lifestyle, just as the transition to a more plant-based diet, is made up of a series of choices. While there are myriad potential “first-steps”, one that can address both concern for the environment and concern for animals is our choice of clothing.

Whether it's leather, silk, wool or fur, animals are mistreated and the environment degraded. And for what? A pair of leather pumps? Is a highly toxic water supply from cattle farm run-off or maybe an increase in cancer levels from tannery-emitted toxins worth it? Leather, contrary to popular belief, is not merely a byproduct of the meat industry. It props the meat industry up and is complicit in crimes against both animals and the environment. Unfortunately, things don't get much better in the case of silk, fur or wool. In the case of silk, steaming is used to extract the fibers, killing the silk chrysalis in the process. The unavailability of domestic silk resources necessitates transportation



damage the environment. Polyester production, for example, is a highly water and energy intensive process involving the use of various carcinogenic chemicals – residuals of which inevitably end up in the atmosphere and groundwater. Nylon, apart from its water and energy intensity, creates significant amounts of nitrous oxide, a greenhouse gas 296 times more potent than carbon dioxide in affecting global warming. And rayon, though made from wood

and holding their own in the world of fashion. This is not to say that such natural and plant-based fibers are without faults, because in reality, everything we do, in one way or another, affects the environment. These, however, are the least cruel and damaging options. Hemp and flax are rapidly renewable resources, as they can be efficiently grown with little or no fertilizer at all. Like organic cotton, these fibers are used in their least processed state, requiring minimal chemical processing. Hemp fiber is versatile to no end: blouses, jeans, bags, and even shoes! (www.rawganique.com)

Organic cotton is a plant-based fiber farmed and harvested without the damaging techniques employed by regular cotton manufacturers. Pests are not zapped away using harmful chemicals, but rather, compassionately through barrier plants which naturally repel pests. Harvesting is done during frosts, or using weak organic acids, as opposed to employing hazardous defoliants to separate the cotton from the leaves. Further, the organic soils used retain water, requiring less irrigation.

Clothing choices don't require a difficult choice between concern for animals and concern for the environment. Both can be addressed by choosing plant-based, sustainable materials.

“Clothing choices don't require a difficult choice between concern for animals and concern for the environment.”

and the resulting pollution is inescapable. With the wool industry come the painful act of mulesing, deforestation for pastureland, and toxic run-off. And as for fur, I trust that we are largely aware of that industry's terrible truths.

This brings us to synthetic fibers. Are they really the right way to go? Synthetic fibers are largely compassionate, but only in terms of the animals. Compassion toward the environment, in these industries, doesn't exist.

Synthetic fiber industries, including that of polyester, nylon, and rayon, severely

pulp and biodegradable, necessitates deforestation, potentially causing land degradation and a reduction in the carbon sink. Cotton, though plant-based, uses vast amounts of chemicals and fertilizers to ensure a maximized harvest, as well as huge amounts of water for irrigation.

The negativities seem to be unavoidable and we're left wondering what to do. While it seems that we're left between a rock and a hard place, we aren't without hope. The natural, plant-based fiber industries of hemp, flax and organic cotton, for example, are gaining increasing popularity,

"Farmers' Markets"

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Farmer's Market every Saturday.

I learned unusual mushrooms aren't the only special thing on offer: you can find purple potatoes, black krim tomatoes, quince, parsley root and sunchokes, in addition to the more familiar apples, cherry tomatoes and curly kale. Certain varieties of fruits and vegetables can only be found at the markets as they spoil faster and would never survive on a supermarket shelf. And many of the unusual varieties are heritage or heirloom plants whose production and sale help ensure these seed varieties aren't lost in a world of bioengineered agriculture.

I had known there were non-produce items like breads and jams, and some crafts on sale, but the markets had never

occurred to me in my search for a favourite childhood treat. My Dutch heritage has, for better or worse, validated the notion of eating candy for breakfast and I must admit my feelings for Nutella are overly nostalgic. So when I became vegan a year ago, I had to shed a tear for the beloved chocolate spread as it contains dairy products. I'd searched far and wide for an alternative with no luck, until a friend brought me to a stand at the Trout Lake market, where a local woman sold hand-made chocolates. I managed not to cry when she confirmed that her chocolate-hazelnut spread was indeed vegan.

I was surprised as well by how much more organic produce was available than I'd remembered. In fact, I learned the Riley Park market sells almost exclusively organic produce. Even those vendors

whose produce isn't certified organic often use organic practices or more natural techniques that ensure the soil is less depleted, resulting in more nutrient-rich food. If you ever have any questions about how your food is grown or prepared, the person who produced it is right there for you to ask. And because it's the farmers doing the selling, more of your money gets right into their hands.

In addition to tasty veggies, many regulars say they enjoy the relaxed atmosphere and sense of community the events provide. The four big markets in Vancouver (Trout Lake, Riley Park, West End, Kitsilano) all have music or other entertainment. People tend to go with friends or family and then run into more friends and neighbours, using nearby green space for

impromptu picnics...or naps, if you've eaten too much chocolate spread. My friend Dave Morita describes the experience as "reenacting a collective fantasy of an agrarian past". I guess I'm not the only one prone to nostalgia.

Dave also has something to say about why people should go to the markets: "They shouldn't. It's for special people. Cool people." I take his "cool" to mean as unusual and unique as purple potatoes or Chicken-of-the-Woods. I'll let you decide if you "qualify" and in case you do, here's some links to help get you there: www.bcfarmersmarket.org for over 100 markets around BC; www.foodroots.ca for the burgeoning Pocket Markets – one or two tent markets, often hosted by community groups, that help more local food reach more local people.

UPCOMING DINE-OUTS — OPEN TO VEGETARIANS AND NON-VEGETARIANS, MEMBERS AND NON-MEMBERS

Date: Tuesday, April 21, 2009 at 7pm

Location: Café Caribana

108 E 3 Street (at Lonsdale), North Vancouver

Inclusive Price: \$17 for members; \$20 for non-members

It's been almost a year since our last dine-out at Café Caribana and we're on our way back to enjoy another, but different, Caribbean feast! After considerable discussion, owner Surindra was persuaded to offer his specialty for us: Filipino Snake Beans! These two foot long beans have a delicious nutty flavour and a crunchy texture which reassures us we will make you forget their off-putting name. We'll also enjoy a fresh cucumber and bell pepper salad, dhal (a thick yellow split pea soup) seasoned with cumin, turmeric and garlic and an extra-special dhal pumpkin soup composed of split peas, green plantain, sweet potatoes, yam cassava and eddoes cooked in coconut milk with special herbs

& spices and whole wheat dumplings. (Eddoes are a variety of taro, a small root vegetable.) We will also be served slow-cooked spinach with coconut milk, onion, garlic and special seasoning; diced Japanese eggplant sautéed with ginger, garlic, onion, cilantro and jalapenos; squash or pumpkin cooked in a special blend of herbs and spices; dhali puri, roti stuffed with ground, seasoned lentils; alu channa, a tasty chickpea curry with home-made curry sauce; and a garam masala soya curry. All this will be accompanied by steamed basmati rice, tomato chutney and paratha roti, a soft, textured flatbread. For dessert we will enjoy a mixed fruit salad and soy icecream, as well as soy chai and coffee. Owner Surindra aims to please, so take note you should come hungry!

Date: Wednesday May 6, 2009 at 7pm

Location: Bandidas Taqueria

2781 Commercial Drive (at Grandview Highway), Vancouver BC

Inclusive Price: \$13 for members; \$16 for non-members

Bandidas Taqueria is a new restaurant on The Drive, specializing in fresh Mexican food made with vegans in mind. Almost any item on the menu that is not already vegan can be made so with delicious substitutions. Atmosphere is friendly and fun. Our meal begins with Fresh Cranberry Soda, sparkling fresh cranberry juice, served with lime. We will then sample a variety of dishes, beginning with Vegan Tortilla Soup; this traditional Mexican soup is nice and spicy, made of roasted tomatoes in a rich vegetable stock, blended smooth and topped with avocado, toasted tortillas, pascilla chili strips, cilantro, and lime. Then we try vegan nachos, Bandidas GLD: Vegan cheese over roasted

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Veggie-Friendly Buffets

By Kendra Ellis

Who doesn't like an all-you-can-eat buffet? Or any buffet for that matter? For the buffet hunters among us, here is a convenient list.

Vancouver

Saravanaah Bhavan

955 West Broadway, Vancouver, BC
(604) 732-7700

This all vegetarian restaurant serves authentic Northern Indian cuisine. Saravanaah Bhavan offers a wide selection of vegan-friendly items as well. Their enormous buffet, available from 11:30am – 3:00pm, is \$9.99 during the week and \$10.99 on the weekend.

All India Sweets & Restaurant

1188 Dave Street, Vancouver, BC (604) 602-1558

Although there are two locations for this restaurant – one on Main and one on Davie – the Davie street location wins hands down, offering faster, friendlier service, fresher foods, and a better overall ambiance. The restaurant offers a separate vegetarian buffet for \$10.95, which is a price that definitely won't break the bank. A small portion of items on vegetarian buffet are vegan-friendly.

Himalaya Restuarant

6587 Main Street, Vancouver, BC (604-324-6514)

Although Himalaya Restaurant is not entirely vegetarian, they offer a great, affordable vegetarian buffet option. For \$9.49, you get an unlimited serving of curried vegetables, fresh salad, and other Indian delicacies. The naan is always hot from the oven and it is usually a little less busy than the All India Sweets Restaurant next door.

Greens & Gourmet

2582 West Broadway Street, Vancouver, BC (604) 737-7373

This peaceful cafeteria-style vegetarian restaurant is not all-you-can-eat, but rather pay by weight. It offers a huge selection for vegans and vegetarians, with both cold and hot dishes from a variety of cuisines – Chinese, Indian, West Coast and Italian.

New India Buffet & Restaurant

805 West Broadway, Vancouver, BC (604) 874-5800

The New India Buffet & Restaurant claims to have Vancouver's largest buffet. The restaurant boasts 40 various items, most of which would satisfy any hungry vegetarian. A portion of the buf-



fet and salad bar is vegan-friendly. They also have a private room available for group functions and large parties. The lunch buffet starts at \$9.95, dinner buffet starts at \$13.95.

Heron's Restaurant

900 Canada Place Way, Vancouver, BC (604) 691-1818

On Sundays, Heron's Restaurant offers a buffet-style brunch with an extensive selection of delicious items that rotate week to week. Although their specialty is local seafood, approximately half of the buffet is vegetarian. The buffet is pricey and requires reservations, but for vegetarians, with dishes such as Florentine and tomato eggs benedict and leek and truffle gratin potatoes, it's definitely worth it. There were no vegan-friendly items on the menu at time of listing, outside of the salad bar.

India Gate

616 Robson Street, Vancouver, BC (604) 684-4617

Technically, the India Gate does not offer an all-you-can-eat buffet, but they do offer a huge vegetarian platter which includes gobi alu, matter paneer, dal, raita, pillau rice, naan or roti, papadum, fresh salad and mint chutney for only \$18.00 – at less than \$4 a dish is certainly worth checking out, especially if you are sharing with friends.

Richmond

Veggie Bunch

1670-8260 Westminister Highway, Richmond, BC (604)-233-0808

This cash-only all vegetarian, mostly vegan, Chinese buffet is a real find. \$10.99, all-you-can-eat, the delicious and varied dishes keep coming as the evening goes on.

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"Veggie-Friendly Buffets"

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Burnaby

Himalayan Peak – Indian Cuisine & Lounge
8901 Cornerstore Mews, Burnaby, BC
(604) 205-9069

This funky Indian restaurant is situated at the top of Burnaby Mountain, near the SFU campus. It is fully licensed and offers a healthy assortment of fusion dishes as well as an all-you-can-eat lunch buffet. Over half of the buffet is vegetarian as well as a few different salad choices to clear the palate before you dive in for seconds. A portion of the buffet is vegan-friendly. Buffet is \$11.55 with tax.

Top Gun Hotpot & Sushi

2228 - 4500 Kingsway, Burnaby, BC
(604) 419-0788

Located at Crystal Mall in Burnaby, Top Gun Hotpot & Sushi offers about 20 items on their all-you-can-eat menu. There is an all-you-can-eat salad and soup bar, a separate menu for all-you-can-eat sushi, with vegetarian options, and of course all-you-can-eat hotpot. If you haven't had hotpot, it's almost like Asian fondue. A large pot of boiling soup is placed in front of you (with your choice of stock) and you can cook your own food in the pot. You can easily make this a vegan hotpot as you pick what you cook, and you can easily create a

meat/animal byproduct-free base. Buffet starts at 5:30. Reservations are an absolute must because this place is always busy.

Anton's Pasta Bar

4260 East Hastings Street, Burnaby, BC
(604) 299-6636

Okay, okay, so technically this isn't an all-you-can-eat buffet, but the portions are so huge that it really might as well be. If you think I am exaggerating the restaurant will give you a free gift if you can finish your plate – THAT is how big the portions are. It's not unusual to walk out with a doggy bag that will last you a day or two. There are plenty of vegetarian and vegan options – other pasta houses just can't compete. Be sure to go early because it's hard to get in after 5pm. Lunch prices range from \$10.95 – \$11.95, dinner from \$14.95 – \$15.95.

Saffron Indian Cuisine

4300 Kingsway, Burnaby, BC (604) 436-5000

Like many other Indian restaurants, Saffron offers an assortment of vegetarian dishes, but what sets Saffron apart from other buffets is the quality. The food is to die for and because it is almost always busy, the food is always fresh – you never have to worry about how long it's been sitting under a heat lamp. The décor is trendy and the service is always good, considering how packed they can get.

Reservations are highly recommended or expect to wait during peak periods like lunch or dinner. Lunch buffet is \$11.95 + tax, dinner \$18.95 + tax.

Langley

East India Grill

#146 19653 Willowbrook Drive, Langley, BC (604) 539-8114

Although not entirely vegetarian, a good portion of the buffet is. There are one or two options also available to vegans outside of the salad bar. Buffet starts at \$9.99.

Surrey/Delta

Utsav Indian Cuisine

15950 Fraser Hwy #509, Surrey, BC
(778) 578-5111

Utsav's buffet has more options available for vegetarians and vegans than for omnivores, plus the traditional naan, rice, roti, and salad bar. Buffet is \$9.99 + tax. 11:30-3:30, weekdays only.

Maple Ridge

Bombay Sweets & Restaurant

11956 207 Street, Maple Ridge, BC (604) 476-2228

Known for their speedy take out service Bombay Sweets & Restaurant is a popular destination for vegetarians in Maple Ridge. Over half of the buffet is vegetarian, but very limited vegan selection. Buffet is \$9.99.

HOUSING SALES UP - LISTINGS DECREASE

Residential housing sales in Greater Vancouver rose 94% in February compared to the month before, with 1,480 sales in February compared to the month before, with 1480 sales registered in February compared to 762 sales in January, the slowest month for housing sales in 25 years.

New MLS listings for residential properties continued to decrease for the 4th month in a row. New listings decreased 25.6% in February compared to the previous year; 20% in January; 8.6% in December; & 10% in November.

'There are terrific opportunities out there right now, but with listings continuing to decrease, those opportunities may only be available for a short time,' said Dave Watt, president of the Real Estate Board of Greater Vancouver.

Please give me a call if I can be of help with Buying or Selling your next home or investment property. Thank you.

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Ask Nancy

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



Q: I'd like to meet some new people and learn more about the issues that inform the Earthsave mission, but I hate small talk! Do you ever get together for discussions about the environment or animal welfare?

A: Let me tell you about the Earthsave Readers' group. A couple weeks ago I attended my first meeting and it was one of the most interesting gatherings I've attended in a long time. I admit I showed up with low expectations, but given that I hadn't even read the book, can you blame me?

The group was discussing what looked like a heavy tome, entitled *Divided Planet: the Ecology of Rich and Poor*, by Tom Athanasiou. For a long time I'd been told I could attend and not to worry if I hadn't read the book. Well, how does *that* work, I wondered. Surprisingly, it does.

The meeting started, after the usual social niceties and food, with a member giving a summary of the first chapter. I think I was sold at about that point. I learned a lot and didn't even have to read the book!

A fascinating discussion began about why it is that our environmental problems will never be solved without addressing the ecology of rich and poor. It even made me *want* to read the book! And it was a discussion I felt comfortable contributing to because

it branched out from the book into ideas the group had about addressing environmental prob-



lems. Since group members hadn't finished reading the entire book, other chapters were assigned, like a study group. Not everyone has to read the whole book; each will present a chapter to the group next time. That's my kind of speed reading!

The coordinator, Andrea, gently asked me if I'd like to take a chapter to present. I didn't commit, but was still encouraged to attend the next meeting anyway.

I have to say, I am impressed by the reading list this group has powered through! I found that this is one of the few places where you can meet new people, get beyond small talk, and really dive into the issues we all share concerns about.

Earthsave Readers Group

The Earthsave Readers Group welcomes non-members and members to come out and discuss informally, in a small group, thought-provoking books on our diet's relation to health, the environment and animals. We meet monthly in veg-friendly restaurants and in members' homes.

In May and June we will finish *Farm Sanctuary*, by Gene Baur, and start *Making a Killing: the Political Economy of Animal Rights*, by Bob Torres. Check the readers webpage at <http://www.earthsave.ca/readersgroup> for info on where to get the books.

Our books for 2009 are listed on the readers web page and on Facebook. Have a look and come join us.



For online book discussion, check out the Earthsave Readers Group Forum at www.forums.earthsave.ca/ For current monthly meeting details, visit the Earthsave website under Events – Readers Group, or check the Earthsave Forums or join the Earthsave Canada Readers Group on Facebook.

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HEY YOU EARTH-LOVIN' FASHIONISTAS!!

Inder Bedi of Matt & Nat handbags has started an amazing new line called Samsara, proving once again that beauty and veganism can coexist. Samsara is an affordable collection of vegan accessories with the intention to affect change both locally and globally. For every bag sold, \$1 is donated to one of four non-profit organizations. We are excited and proud to announce that Earthsave Canada is one of these organizations! Even if you'd prefer to not buy a bag (but I warn you that when you see these bags, you are going to want to buy one—they are beautiful!) you can visit the Samsara website at www.sam-sara.ca to vote for your favorite non-profit organization. The more votes we get, the more money will be donated to Earthsave at the end of the promotion. You don't even have to buy a bag in order to vote, so get on out there and tell them how much you love Earthsave! Don't forget to click on the confirmation link they send to your email. Thank you for your on-going support of Earthsave Canada. Our volunteers and members mean the world to us; we really couldn't do it without you!

Saving Grace

By Anelyse M. Weiler

Not long ago, I observed a friend with a quiet smile on her face, hands clasped, and head bowed over her salad bowl. It took a moment for me to realize what I was seeing, but the striking rarity of witnessing someone express gratitude for a meal left an impression on me after I finally realized that she was saying grace. Even from a nonreligious perspective, formally articulating thankfulness for one's food is somehow atypical and precious in today's social environment. When we pause for long enough to appreciate our food, the reflective interlude prompts us to remember the elegant energy exchange between the warmth of the sun, the womb of the soil, and the chloroplasts of plants that convey the gift of life into our cells.

The significance of this energy exchange is not overlooked by the Intergenerational Landed Learning Project at the University of British Columbia Farm, where community elders and younger adult "farm friends" are teamed with a small group of schoolchildren to show children how to grow, harvest, and cook their own food. Every plant-based lunch that the Project participants eat onsite at the UBC Farm is prefaced by a simple Waldorf education saying: "Blessing on the blossom/Blessing on the root/Blessing on the leaves and stems/Blessing on the fruit." Naming various parts of the plant body prior to chowing down on a meal, which children have prepared themselves to share with everyone in the Project, helps students to appreciate the botanical mystery that sustains their minds and bodies.

While people in many cultures usher food into their bellies

with a simple acknowledgement like the French, "bon appétit!" North American society does not have an equivalent idiom for thanks. The absence of a widely-used, secular expression for recognizing the value of being able to eat underscores this society's uneasy, guilty relationship with food that Michael Pollan has identified. By contrast, thanksgivings such as Sweden's typical post-meal "tack för maten" marks a serving of food as an occasion to rejoice in the means by which one's existence endures.

Somehow, reining in the hurried pace of eating for long enough to express gratitude counters the brunt of greed in our food system. For instance, the well-known threat to rainforest biodiversity and food security in Latin America from the region's expanding soybean plantations can be partly attributed to an unbridled desire for meat further north. Perhaps this avarice signals a deficiency in more subtle aspects of personal well-being. Taking a moment to fill oneself with gratitude for food and the energy of life can have a nourishing effect that leaves little space for greed.



Top Produce to Buy Organic

Due to their high use of pesticides, better safe than sorry, these foods should only be purchased organic:

- ☼ Strawberries
- ☼ Grapes
- ☼ Peaches
- ☼ Bell peppers
- ☼ Spinach and Kale
- ☼ Cherries
- ☼ Mexican cantaloupe
- ☼ Celery
- ☼ Apples
- ☼ Apricots
- ☼ Green beans



Members' News & Special Events

UPCOMING VEGAN POTLUCKS

Check the Earthsave.ca website for updates on the latest potlucks.

About the Potlucks: Free to members; \$3 for non-members. Everyone must bring a vegan dish, so that everyone can partake, with 8 servings and an ingredients list. Our potlucks regularly attract up to 50 people. Potlucks feature a wonderfully diverse array of fine vegan cooking. We also award prizes for best dishes and feature an informative after-dinner presentation. Visit www.earthsave.ca or call 604-731-5885 for more information.

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.



UPCOMING DINE-OUTS — OPEN TO VEGETARIANS AND NON-VEGETARIANS, MEMBERS AND NON-MEMBERS ...cont'd from page 4

pineapple, black beans, sweet peppers, red onions, corn, and jalapenos, on a bed of yellow corn tortilla chips. Served with house-made vegan sour cream and Bandidas own roasted tomatosalsa. We will have two kinds of tacos: 1) Ronny Russell: Roasted yams and onions, avocado, black beans, green salsa, purple cabbage salad, and toasted pumpkin seeds, and 2) Camillo: Spicy breaded walnuts, pinto beans, vegan cheese, purple cabbage, fresh salsa & vegan sour-cream. For dessert we will have bite sized, triple chocolate vegan brownies!

Date: Friday, May 22, 2009 at 7 pm
Location: The Tipper Restaurant (aka The Bottle Tipper)
2066 Kingsway, Vancouver BC
(Kingsway at Victoria)
Inclusive Price: \$16 for members; \$19 for non-members

The Tipper is a new licensed restaurant in East Vancouver, focusing on fresh food with a homemade feel and friendly service. Most items on the menu can be made vegetarian or vegan upon request and the restaurant is community-oriented, supporting local artists for décor and entertainment. The Tipper is putting on a show for Earthsave diners, literally! We

will eat in the intimate back room and there will be live musical entertainment following the meal. Our meal for the night includes two appetizers, a home-made black bean dip with vegan sour cream and yam fries. We will sample two wraps, the special veggie and an item created just for us, a wrap of rice with avocado and candy cola tofu. We will also enjoy the candy cola tofu as an entrée with side vegetables and roasted potatoes. Following that, we will have the vegetarian hot plate with house made jerk sauce. This feast will be accompanied by Tipper's signature Big Salad à la vegan. You cannot beat this price for Friday night specialty food and entertainment!

Date: Thursday, June 4th, 2009 at 7 pm
Location: Spicy Vegetarian Cuisine
132-4200 No. 3 Road, Richmond.
(between Abedeen Shopping Center & Honda Acura shop)
Inclusive Price: \$17 for members; \$20 for non-members

This two year-old vegan restaurant combines Malaysian, Singaporean & Hong Kong cuisine. This is our first visit to Spicy Vegetarian Cuisine and so we will

sample their specialties: Avocado Salad, Spicy Kong-Pao Gluten, Stew with different kinds of Gluten, their excellent Hot & Sour soup, Deep Fried Bean Curd Skin with black pepper sauce, Stewed Tofu with veggies in season, Veggie Fish with lemon sauce, Malaysia special fried rice and Coconut dessert. Come and taste what South East Asian vegan cuisine is all about.

Date: Thursday, June 18th, 2009 at 7 pm
Location: Curry King Café
3250 Cambie Street Vancouver
(between 17 & 18 Ave.)
Inclusive Price: \$17 for members; \$20 for non-members

This restaurant has 2 locations. This is the 2nd location, newly opened in Vancouver; the other old one is at Metrotown in Burnaby. The owner, who is the head chef, will specially cook our dinner. Our menu will include their specialty Curry potatoes mixed with vegetables, Fried Tofu with salt & pepper sauce, 3 kinds of mushroom with rice noodles, Mixed Vegetable fried rice, Shitake mushroom fried with the season's freshest veggies. Hot & Sour soup & very well-known Mo-Mo Tsa-Tsa Tapioca, Taro & Coconut dessert.

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.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.**

Discount 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
Everybody Loves Veggies	555 West 12th Ave., City Square Mall, Vancouver	604-873-4417
Green Cuisine	Market Square, #5-560 Johnson St., Victoria, BC	250-385-1809
Green Leaf Natural Foods	5756 Fraser Street, Vancouver	604-327-8766
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
Juicy Lucy's Café	1420 Commercial Drive, Vancouver	604-254-6101
The Ladle	8888 University Drive, SFU, Burnaby	604-291-4634
Lotus Pond Restaurant	617 Johnson St., Victoria, BC	250-380-9293
Mahek Chaat House Ltd.	#106-8556 120th Street, Surrey	604-597-3835
Nuba Restaurant Group (discount on vegetarian items only)	1206 Seymour Street, Vancouver 322 West Hastings Street, Vancouver	778-371-3266
Nyala Restaurant	4148 Main Street, Vancouver	604-876-9919
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
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
Rocky Mountain Flatbread	1876 West 1st Avenue, Vancouver	604-730-0321
Sejuiced	1958 West 4th Avenue, Vancouver	604-730-9906
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
Vegan Choice Foods Inc. - Chi Cakes (vegan cheesecakes)	www.chicake.com	778-88VEGAN (778-888-3426)
Veggie Delight Cafe	2280-8181 Cambie Rd., Richmond	604-276-2251
Veggie Favour	170-4751 Garden City Rd, Richmond	604-649-6830

Health & Wellness

Access Natural Healing - Holistic Health Centre-	Suite 101, 1416 Commercial Drive Vancouver	604-568-4663
Ail, Lindsey, RMT - Broadway Station Wellness Center	205-2460 Commercial Drive, Vancouver	604-255-5107
Arbonne - Yvonne Van Amerongen	www.yvonnevanamerongen@myarbonne.ca	604-924-0247 604-779-4864
Ayurvedic Centre	202 - 12725 80th Avenue, Surrey	604-724-0909 604-761-9442
Empowering People	200-1892 West Broadway, Vancouver	604-323-6669
Etey, Mary, RMT - Neuromuscular Massage Therapy Clinic	2-1353 Hornby Street, Vancouver	604-788-0534
Gaia Garden Herbal Dispensary	2672 West Broadway, Vancouver	604-734-4372
Goddess Gift Gatherings (2 for 1 for first timers)	www.goddessgiftgathering.net giftgoddess@gmail.com	
Health Connection, The (15%)	Unit 2-2773 Barnet Hwy., Coquitlam	604-464-2723
Health is Wealth (5%)	4455 E. Hastings, Burnaby	604-298-0151
Inspirit Sanctuary Holistic Retreat	851 O'Shea Road, Gibsons, BC	1-888-335-7685
Johnson, Kathy - Wellness Counsellor, Life Coach, Reiki Practitioner	Vancouver	604-662-7135
Kelpman Kelp Products	300-1497 Marine Dr., West Vancouver	604-926-3352
Kripalu Massage	Victoria, BC	250-514-6223

Liseonlife - Nutrition, Wellness & EFT Coach	3804 West 21st Avenue, Vancouver www.liseonlife.com	604-222-2215
Lurie, Dr. Vince - Naturopathic Physician (discount on consultations only)	210-2678 West Broadway, Vancouver	604-736-3800
My Organic Family (15% off pick-up order) orders	www.myorganicfamily.com	604-599-1977
Nordic Living Water Systems	www.alivewater.net	1-888-644-7754
Nowak, Kathy - Nutrition Consultant	keepingitwhole@telus.net	keepingitwhole@telus.net
Pacific Institute of Reflexology	535 West 10th Ave., Vancouver	604-875-8818
Raith, Dr. S. - Ayurvedic Consultant (20%)	2672 West Broadway, Vancouver	604-375-1313
Springs Eternal Natural Health Clinic	608-1788 West Broadway, Vancouver	604-737-0012
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

Food Stores, etc.

Black Sea Health Foods	7054 Pioneer Ave., Agassiz, BC	604-796-3677
Forces of Nature	6-6014 Vedder Road, Chilliwack	604-824-1237
Ocean Park Health Foods	12907 16th Ave., South Surrey	604-531-7011
Organic & Natural Foods	102-8160 Cook Rd., Richmond	604-232-9292
Pan American Soy Products	1116-4500 Kingsway	604-434-6881
Semperviva Natural Health Centre	2608 West Broadway, Vancouver	604-739-1958
Sugar Tubes of Vancouver	www.sugartubes.ca	604-688-6080
Tea So Divine Wholesale & Retail	378-13988 Cambie Road, Richmond	604-783-3909
Transylvania Peasant Bread	3474 West Broadway, Vancouver	604-319-LOAF
Tree House Health Foods	800-3 Avenue, Hope, BC	604-869-5545
www.Vegan-works.com		604-538-2669
West Best Vegetarian Market (discounted items & bulk packs excluded)	4934 Victoria Drive, Vancouver	604-323-2362
West Pointe Organics	2625 West 4th Ave., Vancouver	604-736-2839

Caterers, Cooking Classes & Personal Chef Services

The Conscious Cook - Rebecca Blakeney, RHN (vegan cooking classes)	www.naturalcooking.com	604-COOKERY 604-266-5379
The Esoteric Gourmet Catering Company Ltd.	366 West 26th Avenue, Vancouver www.theesotericgourmet.ca	778-855-8782
Five Elements Cooking (vegetarian personal chef service & cooking classes)	Victoria www.five-elements-cooking.com	250-381-5818
Vadhvana, Gita - Ayurvedic Cooking Instructor	7437 Willard Street, Burnaby	604-522-1413
Veganmania Kitchen (discount applies to \$10 or more only)	Surrey www.veganmania.com	778-908-5943

Home Delivery Services

Green Earth Organics (\$10 off 1st 3 del.)	1864 Triumph Street, Vancouver	604-708-2345
Healthy Green Wheatgrass (50% off first tray)	Vancouver	604-879-2280
Small Potatoes Urban Delivery	\$25 off new customer's first 4 orders, quote code # CR5-209778	604-215-7783 www.spud.ca

Recreation & Vacations

Bonita B&B	9310 Elk Drive, Port Hardy, BC	250-949-6787
Mandy & Me Trailriding	174 Bear Creek Rd., Kelowna, BC	250-769-5735

Environment

E-Ride	240 East 2nd Avenue, Vancouver	604-331-0555
Goods for the Planet (discount applies to \$40 or more only)	525 Dexter Ave North, Seattle, WA www.goodsfortheplanet.com	206-652-2327
Rainforest Reptile Refuge Society	1395 176th St., Surrey	604-538-1711
Sesen Services Glass Water Bottles *see Earthsave.ca for more info	www.sesen.ca	604-574-6096
The Soap Exchange	1393A Hillside Ave., Victoria, BC	250-475-0033 250-475-0077
Solar Power Roadshow	2524 Alberta St., Vancouver	604-512-9567

* Bold = New Addition

Support Earthsave - Become A Member

- ⇒ 10% discount at over 70 participating businesses
 - ⇒ 10% discount on books & merch
 - ⇒ free entrance to Taste of Health (food fair) & potlucks
 - ⇒ \$3 off dine-outs
- Annual membership rates:
 ★ \$12 Student ★ \$24 Senior ★
 ★ \$36 Individual ★ \$48 Family ★
- Phone the Earthsave office at 604-731-5885 to become a member.