

Mission Statement

Our aim is to:

1. create a community of actively participating members
2. foster a healthy connection to the food we eat, the people who grow it, and the other organizations who share our beliefs
3. co-operatively educate ourselves on environmental issues
4. exercise political and economic control over our food by operating a viable co-operative food store

Karma Co-op Staff

Interim
General Manager
Sarah Fairley

Produce Manager
Michael Armstrong

Bulk/Grocery
Manager
James van Bolhuis

Health and Beauty/
Grocery Manager
Audrey van Bolhuis

On-Call Manager
Robin Easton

Bookkeeper
Victoria Bale

Membership Secretary
Marilou Lawrence

Member Labour
Coordinator
Betsy Carter

Managers
Shelia Bannerjee
Sarah Fairley
Brandy Humes

Clerks/Managers
Scott Maynard
Sarah Pulins

Clerks
Noah Kenneally
Paul Dixon
Lisa McLean
Michelle Zurbrigg

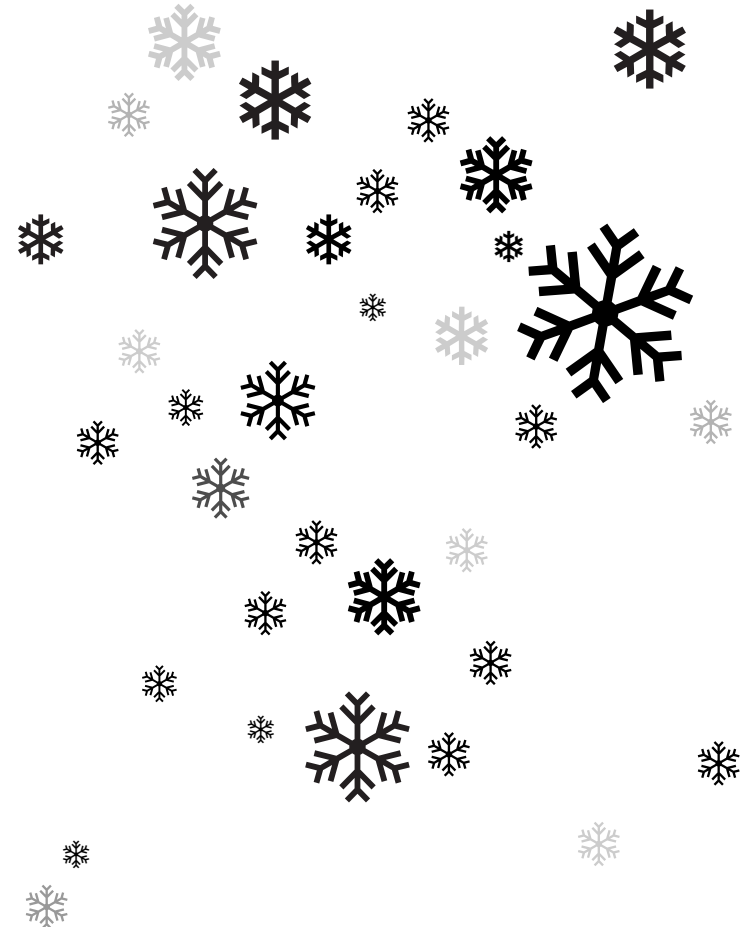
Karma Co-op Hours of Operation

Monday	12-7
Tuesday	12-9
Wednesday	12-9
Thursday	12-9
Friday	10-9
Saturday	10-6
Sunday	11-5

Karma Co-op | 739 Palmerston Avenue | Toronto, Ontario | M6G 2R3 | 416.534.1470

www.karmacoop.org

The Chronicle



DECEMBER 2002 / JANUARY 2003



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Chronicle Staff for December/January

Editor: Anamaria Martins
Designer: Tara Winterhalt
Proofreader: James Grainger

Contributors for December/January

John Bowers, Stephen Dubrofsky, Gail Geltner,
Louise Longo, Anamaria Martins, Margaret Meagher,
Lis Soderberg, John Viktorin, Tara Winterhalt

Chronicle Committee

Cecilia Berkovic, Terry Fowler, Fran Freeman, Ian
Galloway, Gail Geltner, James Grainger, Kelly Haggart,
Robyn Hall, David Howard, Louise Longo, Anamaria
Martins, Margaret Meagher, Suzanne Molina, Zoe
Nyssa, Marina Shannon, David Sharp, Lis Soderberg,
Amy Stein, Rebecca Weigand, Tara Winterhalt

Board Liason

Jerry Lee Miller

The Chronicle

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739 Palmerston Avenue
Toronto, Ontario M6G 2R3
telephone: 416.534.1470
fax: 416.534.3697

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Submissions

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The Chronicle will publish any Karma related
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name and telephone number, although names will
be withheld at time of publication upon request.
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(letters to the editor and announcements are not).



The EverydayActivist

by Lis Soderberg

Packaging I

Even on Karma shelves, disposable, excessive packaging is rampant. Why do we insist on this “convenience”, especially when it damages our environment and it drains our pocket-books? Take microwave popcorn, for instance. A box of microwave popcorn at my local video store costs \$2.59 for 297 grams (three bags at 99 grams each), which means the popcorn itself costs \$8.72/kg and is exactly four times as much as bulk popcorn at Karma – \$2.18/kg. Or, to put it another way, 297 grams of bulk popcorn costs 65cents, which means that you throw away \$1.94 worth of packaging (75% of the cost) adding yet more unrecyclable material to our landfills (the box may be recycled or recyclable, but it's unnecessary; the specially engineered, mixed-material microwaveable bag is definitely not recyclable, nor are the plastic sleeves keeping it all “fresh”).

In addition, the money that you just spent and discarded was upholding the packaging industry, which exacts a huge environmental toll on our planet during production and afterwards.

The whole premise of consumer packaging is insidious, in that it is used as much (or more) to advertise as to contain, even to deceive us into thinking there's more inside than there actually is. We are seduced by wrappings and trappings which we then promptly toss in the garbage. Waste, indeed. Is some packaging better than others?

**“ don't buy it if Mother Earth
won't take it back . . . ”**

That's not always obvious to even the informed consumer, since there are different concerns for each type of material (metal, paper, or plastic), such as environmental costs of production, durability, and recyclability. My personal choice is glass. Although it takes a significant amount of energy to make it, it's reusable and recyclable. Left to the elements, it will not leach chemicals into the soil and water table for decades or centuries, and will ultimately return to its original state—sand.

I try whenever possible to live by the “don't buy it if Mother Earth won't

take it back” principle. I figure if she won’t re-assimilate something into the fabric of life she creates and recreates, there’s something fundamentally wrong with it. That being said, there are times when all of us find ourselves left with the stuff our stuff came in, so here are some quick and dirty tips:

- Harmony sells their milk in glass, returnable bottles; let James know that you want it, and he’ll order it for you; if there’s enough demand, we’ll stock it regularly. If you buy milk in bags, use the bags for freezing soups and other liquids; apparently they’re also just the right size for keeping sewing patterns in.
- Write to manufacturers of products that have excessive or non-enviro-conscious packaging and let them know that you won’t be buying their product anymore. Ask them to use more eco-friendly stuff. Writing a letter is the most direct action you as an individual can take to let a manufacturer know how you feel about their product.
- Plastics marked 1 and 2 are recyclable in the Blue Box program in Toronto, which means some containers can be recycled after they’ve done their various duties around the house. But that doesn’t mean they’re “okay”; the production of plastics is extremely detrimental to the planet, so avoid them whenever you can. This can be extremely difficult, since it’s a huge industry and is a part of virtually every consumer transaction made.
- Always try to avoid composite materials, since the combining of more than one

type of material often makes those materials unrecoverable (an exception is Tetra-Pak containers).

- Polystyrene (e.g. soft take-out containers, coffee cups, meat trays), plastics with the recycling symbol marked 4 and 6, and plastic cutlery can be taken to the Ingram Transfer Station (50 Ingram Drive, Dufferin and Lawrence, 416-392-5592) for recycling. Again, these are not benign products—if you’re getting takeout food, try to bring your own containers, though it takes time and diligent effort to develop as a habit.
- When trying to make a choice between two equivalent products—snacks, let’s say—take the one with the more eco-friendly packaging. Forget those plastic-wrapped chocolate bars and choose a traditionally wrapped one instead, with the foil wrapper and paper sleeve over top. Recycle the paper and use the foil for crafts or gift wrapping. You can also turn chip bags inside-out and use the shiny part for wrapping or crafts; wash the bag and cut away the glued parts to get a sheet of craft/wrapping material.

Packaging will be a recurring theme or sub-theme in *The Everyday Activist*, but I’ll stop for now. Please send your thoughts, tips or questions on this or other topics to: soderberg@goodmedia.com or at 416-656-2331

“Practise random kindness and senseless acts of beauty”

JOHN BOWERS’

PERSPECTIVES

from the new Member Labour Committee

Although I have only been with Karma for a short time, I have come to really appreciate the value of our co-op on both a personal level and in our community. That’s why I have chosen to commit some of my time to helping Karma address its member labour concerns.

As a member of the newly formed Member Labour Committee, I am writing this piece to communicate to the membership the current problems, our committee’s purpose and our hopes.

Louise Longo wrote an excellent article in the April 2002 edition of the *Chronicle*, which among other things, explained some of the labour problems that we continue to face.

The Problems (in no particular order):

1. Too many available shifts are going unfilled. The percentage of these unfilled shifts has gone down this year, which is good, but there is still a critical need for improvement. We don’t yet have concrete figures to report, but we will soon.
2. The number of “short-notice” cancellations and the number of “no-shows” are unacceptably high. The committee intends to further explore the reasons

and circumstances believed to cause “short-notice” cancellations and the consequent cost to the staff and members. Of course there are both qualitative costs, like reduced service levels and lower morale, as well as a financial cost, like overtime.

We hope all (working) members will become aware, if they aren’t already, that it is not easy for the co-op to replace a “no-show” with a staff person. A big store with lots of employees can juggle staff, but a small store like ours with few employees who are doing jobs that really must get done has much less flexibility.

3. The number of new working members who are behind in their work commitments (often by six hours) after the first three months is too high. This problem creates additional administrative work for our membership secretary who has only so many budgeted hours to complete her work.

4. Working members who owe hours and have become inactive (i.e. no longer shopping, but haven’t resigned) also create extra administrative work. Karma

continues to track both their debts to the co-op as well as Karma's loans payable back to them for years.

5. The number of non-working members continues to grow relative to the number of working members. While the number of non-working members isn't necessarily the problem, the impacts of this trend are something we will discuss. As of September 30, 2002, our membership consisted of 1068 individual members, 53% of whom have working status and 47% are non-working members. One issue here is whether the non-working surcharge of 8% is approximately equivalent to the working member contribution of two hours per month.

Our DRAFT mandate for the board of directors is as follows:

Recognizing that member labour is vital to operating a viable co-operative food store, the mandate of the Member Labour Committee is to evaluate the current member labour system and to make recommendations for improvements in the following areas:

- 1) consequences for missed shifts;
- 2) monetary value assigned to hours owed;
- 3) working to non-working member ratio;
- 4) non-working member surcharge;
- 5) orientation of potential members.

And from the first meeting of the Member Labour Committee, we thought that the following three ideas might also become part of our mandate, subject to further discussion and board approval:

- a) that any changes must not result in extra work for the staff;
- b) perceived lack of meaningful / interesting work;
- c) lack of flexibility in commitment to scheduled hours.

Our Hopes:

We hope to gain a better understanding of these problems we are facing and to come up with feasible courses of action that we will recommend to the board of directors. If any changes are made, we will monitor the situation and evaluate the effectiveness of those changes.

Finally, although we initially have a large number of members on our committee, several of these people are only able to make a short-term commitment (of about six months or less) to this work. We are therefore interested in receiving expressions of interest from members (working or non-working) who are able to make a longer term commitment (maybe one to two years) to working on the Member Labour Committee. We think that one or two more people will be ideal. Contact Jade Levia (our selected chairperson, subject to board approval) at 416-977-1376 or Betsy Carter at 416-516-4984 for more information.

Thanks for reading and your interest in fostering a community of actively participating members. Stay tuned for more information from your Member Labour Committee.

JOHN VIKTORIN'S

MEMBERSHIP COMMITTEE REPORT— discussion at the Annual General Meeting

It was weirdly wonderful to discover at the AGM that I could feel alienated, angered, and isolated by people with whom I am supposed to share food and environmental concerns. Closed-mindedness lives everywhere. Even at Karma.

Those in attendance listened to the Membership Report by Marilou Lawrence and Betsy Carter, and then followed some discussion on it. I was initially unopinionated and open to ideas, but as the presentation and discussion continued, I felt more and more targeted.

The key membership issue is that working members often don't show up for or commit to work shifts, leaving staff scrambling. Staff burn-out then becomes another big issue. According to the presentation, there seems to be a surfeit of membership labour available, but working members aren't working.

Instead, anger and resentment became directed at the non-working membership. There was a seeming comfort in animosity towards non-working members: They aren't like us; they just want cheap groceries; they don't share our ideas. I'm not just paraphrasing, some

of these words were used verbatim. As a non-working member, I felt castigated and chastised at the AGM during the membership discussions.

Some good ideas on dealing with member labour and working versus non-working issues, such as increasing non-working membership fees, penalizing those who miss work shifts, and disincentivisation of non-working memberships were put forward. But there was still enough animosity towards non-working members for me to be scared for Karma and its socially-minded presence.

Many of the comments around the membership issue were elitist and isolationist. I would caution members that you cannot initiate change in society by creating a closed, parallel sub-society. The best you may do is suffer through life in comfort.

I see changing, or at least impacting, society as part of Karma's broader mandate, even though it may not be explicitly written in our charter. Non-working members have, at best, the same ideas about food and society as working members. At worst, they are allies to Karma's cause.

It seemed that people were feeling threatened by societal forces and that

they were worried over Karma's existence, in fear of losing something that they love. But Karma is financially healthy, due in some part to the contribution of non-working members. Economies of scale help Karma's purchasing power and impact with suppliers and society.

When a committee is struck to look further into membership and member labour issues, sign me up. Not because the outcomes may be odious or over-

done, but because, judging by the AGM comments, the process will consist of everyone patting each other on the backs for keeping the infidels out while guarding their precious co-op. Apparently some Karma-ites need their cages rattled. Remember that the end doesn't justify the means.

If you love something, let it grow and let it change. By pulling it close to you, hiding it from others, you will stagnate and kill it.

TO ALL KARMA MEMBERS:

This is to inform you that, effective November 25, 2002, Glen Hart is no longer the General Manager of Karma. Sarah Fairley has agreed to act as Interim General Manager until further notice.

Please offer your full support to the staff during this transition period. If you have any questions, please direct them to the board by leaving a message in the board box (located in the office).

Caitlin Smith

President, Karma Co-operative Inc.

LOST AND FOUND CLEAN-OUT

If you have lost or left anything at Karma over the past year, this is your last chance to claim it. You'll find your missing articles in a box at the front of the store. Anything not claimed by January 1 will be donated to Goodwill.

Thanks, *Karma Staff*



SHELF ELF

Rides Again

by Louise Longo

Greetings Karmites! I hope this finds you healthy, in good spirits, and managing to keep stress-free as the holidays draw nearer. It's a bit of a tall order, but eating well and remembering to get plenty of sleep should pull you through the worst of it.

In visiting the store last week, I had a chance to talk to a new reader, who mentioned something about this column that I realized might need some clarification. For those who don't know, the purpose of this column is to let members know about the new products on our shelves—hence "Shelf Elf". In case it isn't clear, this doesn't mean that I have tried everything about which I am writing. Where I have tried a product, I will offer an opinion, but otherwise, I simply offer the information I have, or have researched on the products.

In this issue, I first want to mention what many of you have probably already

discovered, and that is the new crop of organic apples from Alvin Filsinger. He has been supplying Karma for years now, and all of his varieties of apples are delicious. The MacIntosh I can vouch for, but he also supplies us with Spartans, Courtlands, Empires, Northern Spy, and Red and Golden Delicious. Does any of this make you think of perhaps pies for the holidays? If this sounds too labour intensive, you might consider trying Goodness Me frozen pies, supplied to us by Rowe Farms. Jean Newell of Caledon East has been baking pies for four and a half years now, "as natural as I can make them" as she puts it. She makes fourteen different kinds, but the ones I found in our freezer were Classic Apple made with Northern Spies, Strawberry Rhubarb, Apple Crumble and Wild Blueberry. She takes a lot of pride in her products, telling me that her Wild Blueberry pies contain two pints of wild blueberries from Oxford County, Nova Scotia.

Shelf Elf Continued on page 13

THE Coffee Buzz

by Margaret Meagher



Now, I like a strong, tall latte as much as the next character, but a recent advertising campaign has attracted my attention. It is marketing a large domestic coffee chain and its strategy is worth noting. One ad line goes “another-spessoplease”. I try to imagine it saying “anotherlineofcokeplease” or “another-hitofdexadrine”. What this ad is doing is glorifying the drug in the coffee, marketing the buzz. Another one, “mistakes hapen” (sic), implies that many of us are incompetent without caffeine. What other substance would be treated this way? Under what circumstances would a normal person say, “I don’t want to make mistakes, yup, better turn to drugs”!?

Caffeine is not treated like any other drug. In fact, I hear clear-thinking people talking about coffee the way my friends and I talked about alcohol and cigarettes when we were teenagers—crowing over their addiction, not just admitting it, but celebrating it. That brings us to a third ad “small, medium, large and intravenous”, and finally the blurry one, “Haven’t had a coffee yet?”

How many people would admit they couldn’t get through the day without a drink? A joint? None that hope to keep their jobs. But I find people feel some

odd entitlement, a sense of romance for their coffee addiction that is matched by no other drug, not even nicotine. What is so powerful about coffee that it has us so much in its thrall? What is it doing to our health? And what is it doing to the health and well-being of those who make their living from growing, picking and processing our coffee?

First, let’s look at the physical effects. What is this drug which seems to bypass most of our drug strictures and is so prevalent in our culture? HowStuffWorks.com has a useful breakdown. The chemical name for caffeine is trimethylxanthine (C₈H₁₀N₄O₂) which, isolated, is a bitter white powder. It is used in medicine as a heart stimulant and a diuretic. It gives us a

feeling of alertness and is used recreationally to wake us up or keep us awake. Caffeine is also addictive. It operates much like amphetamines, cocaine, and heroin do, stimulating the brain. Caffeine is milder than these narcotics, but it uses the same mechanisms.

The reason caffeine is so effective is that it resembles chemicals that the body produces. First, it mimics adenosine, which, when bonded to adenosine receptors, causes drowsiness, slows down nerve cell activity, and dilates blood vessels, so that we can sleep deeply. When you drink coffee, the caffeine binds with those receptors, so that they can’t receive any more adenosine. When this happens, the cells speed up, blood vessels constrict, and neuron firing in the brain increases. The pituitary gland interprets this flurry of activity as an emergency and releases adrenaline, the “fight or flight” hormone. At that point, your pupils dilate, your breathing tubes open up, your heart rate increases, surface blood vessels further constrict, blood flow to the stomach slows, the liver releases sugar into the bloodstream for extra energy, and the muscles tighten. You are ready for action. Caffeine also increases dopamine levels, which activate the brain’s “pleasure centre” and makes us feel better.

So, short-term caffeine use gives us an energy boost and makes us feel good. But every action has an equal and opposite reaction and those elevated

levels of adrenaline and dopamine are going to fall. Caffeine withdrawal can produce fatigue and depression and, often, a big headache. Been there? Also, caffeine has a negative effect on sleep, especially deep sleep, which can leave us tired and in need of a little chemical help come morning. Once you get in the caffeine cycle, it can be difficult to get back out.

There are two main issues: the people and the land; and there are two main solutions: fair trade and shade-growing.

So, a little coffee once in a while won’t hurt you, but coffee is more than a drink, it is an industry, a massive one and, as with many industries, some people take issue with how it is run. There are two main issues: the people and the land; and there are two main solutions: fair trade and shade-growing.

Until recently, most coffee was grown under the canopy of shade trees or in forests. Coffee grew well in the shade and those trees sustain a variety of other species. However, about 20 years ago, debt-strapped farmers and nations began to seek a higher yield from their farms by “modernizing” their practices.

This “modernization” turned traditional coffee farms into technified operations and involved clear-cutting the forest. As always, a chain reaction resulted from this drastic action. Coffee plants grown in the sun are more

susceptible to disease and so require pesticides. These are expensive both economically and ecologically. Many small farmers can't meet these costs. Also, this intensive farming practice, which is productive in the short-term, degrades the soil, saps it of nutrients, and affects its future use.

Furthermore, those trees that shaded the coffee provided fuel and fruit as "insurance" for when coffee prices dropped. Also, the canopy of the forest provides natural fertilizers and protects the soil from erosion. Biodiversity suffers greatly when these forests are cut. Bird species drop by half or more, other animals die or move on and there are fewer species of bugs, amphibians and so on. You kill the forest, you kill the inhabitants. In Mexico, Central America, the Caribbean and Columbia, most of the forests still standing are in coffee plantations, so buying shade-grown coffee can make a significant contribution to the environment and economy of these nations and peoples. This doesn't even touch on the working conditions: picking in the hot sun versus working in the shade of the forest.

What about the coffee, then? Is this modernization worth the stress? Sun growing operations produce more than twice as much coffee as shade-grown farms. The per-acre yield is three times higher or more. But if we were looking at the coffee alone and not the ecological impact, it still wouldn't be such a great deal. The sun-grown coffee requires

more human intervention, more fertilizer, more pesticides, and this has an effect on the health of those who drink it. A nice heated infusion of bug poison for breakie anyone? Many say this sun-grown coffee is more bitter. See for yourself. Compare. Think back 20 years, how was the coffee?

But here is the really sad part: not only has the movement from shade to sun-growing produced a more toxic product, degraded the environment in the area where it is grown, killed off large numbers of animals, especially birds (which has an impact on our ecology because many of those birds migrate here, or did), produced crappy working conditions for labourers and threatened family-run operations, the vastly larger yield has flooded coffee markets and prices have crashed. Prices for growers, that is. Have you noticed a price drop? The price per pound to farmers

The retail price stays the same, the farmer just gets less.

has fallen from \$1.30 in 1998 to less than 43 cents today. Many farmers this year have received less than 2% of the retail price of their coffee brewed. The retail price stays the same, the farmer just gets less. This is producing great poverty and crisis in coffee-growing countries. So buying shade grown coffee both at home and in coffee shops has far-reaching effects on the quality of life of growers and on the fairness of the distribution of money.

Fair Trade coffees take this one step further. Fair Trade is an association of wholesalers, retailers, and producers committed to providing fair wages and employment opportunities to artisans and farmers, and connects producers and consumers in more equitable and sustainable ways. It is based on 7 principles:

Fair wages: the idea here is not so much to raise the price of the coffee and pass the increase on to the growers, as it is to bypass the "middlemen" and buy directly from the growers. That way, the coffee needn't be more expensive and the producers see more of the revenue.

Co-operative workplaces: Fair Trade Organizations work generally with small businesses and co-ops that benefit workers and their communities. Some of these co-ops have built public bus lines, co-operative grain mills, health-care facilities, even schools and training facilities. In the absence of public infrastructure, these co-ops can be powerfully beneficial to communities.

Consumer Education: this involves letting consumers know about the issues so we can make informed choices. Consumers need to know that some workers are simply not paid living wages even though they work hard.

Environmental Sustainability: this encourages the development and use of environmentally friendly practices and sustainable use of resources. Because Fair Trade organizations trade with

small farmers, the coffee is shade grown and usually organic.

Financial and Technical Support: Fair Trade Federations help provide financial assistance to small-scale farmers and artisans in the developing world, either through direct loans, prepayment, or by linking producers with sources of financing.

Respect for Cultural Identity: this encourages the production and development of products that reflect and do not disrupt the cultural traditions of the people that produce them.

Public Accountability: the finances, management policies, and business practices of all members are open to the public and to monitoring by the Fair Trade Federation. This kind of transparency is both rare and useful. If we buy Fair Trade products, we know (or can know) what we are doing, and we can actually help workers and their families. If we buy coffee anywhere else, we don't.

Fair Trade Organizations help us buy products that benefit those who produce them and do not damage the environment in which they are produced. So coffee may not be great for us, but we can help make sure our little habits are not hurting other people.

Another shade grown espresso?

The Effects of Nutrition on Attention Deficit and Hyperactive Disorder

by Stephen Dubrofsky



This article will look at the connection between nutrition, particularly essential fatty acids and ADHD.

Between the 1970s and 1990s, learning disabilities such as ADHD, Dyslexia (reading), and Dysgraphia (writing) have increased more than three-fold in North America. Interestingly, there is a much lower incidence in Europe, and it is almost non-existent in Japan—yet Japanese children raised in North America are affected at the same rate as North American children.

The diagnosis and incidence of ADHD is rising at an alarming rate. The usage of Ritalin, which is the drug of choice to treat the disorder, has increased by 400% since 1995, so much so that there are ongoing inquiries in both the US and Canada. The American Medical Association has expressed alarm about the fact that children as young as two years old are put on Ritalin for their ADHD.

Recently a support group in the U.K. concluded that children with ADHD were losing water through their skin.

Their research discovered that these children consistently lacked essential fatty acids, which serve to regulate water in the body. Primarily, these fatty acids are found to act as a waterproofing system keeping fluids in the body. Additionally, it was found that these EFAs are important brain food without which perception, cognition, memory, and attention span couldn't work properly.

Researchers in the Netherlands looked at records from the Second World War and found that in the winter of 1945, the Germans blocked all food supplies coming into Holland. Records showed that children born four to twelve months after the starvation period had problems that were later identified as

ADHD. The nutritional connection to the brain and neurological development was firmly established.

Actual research by the British government looking at 17,000 children diagnosed with ADHD shows that treatment with EFAs created positive changes. In 1995, Purdue University showed inconclusively that there were significant differences between children who were breast fed (mother's milk contains EFAs) and those formula fed (no EFAs). Upon completion of this study, EFAs were incorporated into baby's formulae.

“Based on the results of this research, it would be wise to include EFA rich foods in your household's diet.”

Based on the results of this research, it would be wise to include EFA-rich foods in your household's diet. These foods include organic sunflower seeds, leafy green vegetables, walnuts, pumpkin seeds, and olive and soybean oils. Fish such as salmon, mackerel and cod are rich in EFAs. You can also add EFAs to your diet by taking supplements such as Efalex.

Two and a half thousand years ago, Hippocrates, the father of medicine said, “Above all, let food be your medicine.”

To learn more about nutrition and its effects contact Stephen Dubrofsky, M.Ed. M.A. Director of Our Child at 416 932-9847

Shelf Elf continued from Page 7

Next is Green Cuisine (greencuisine.com) who is supplying us with Amasake, a drink made from organic brown rice that has been naturally cultured, and which converts the starches into maltose. It has a thick texture and creamy taste, not unlike a milkshake, and comes in Almond, Hazelnut, and Wild Berry flavours. The Hazelnut is good, and delivers 4.4 grams of protein, with only 4.4 grams of fat, but at \$3.75, it's pricey. Green Cuisine also makes Seitan and Mochi. Check out their website and you'll find some excellent recipes.

Finally, to keep up your energy for the holidays, try one of Ruth's Hemp Creative Energy Bars in either Hemp and Tropic, or Peanut Butter Banana. These bars are an excellent mid-point between the typical all-natural bar, which is usually low in protein, and the typical energy bar, which is often high in protein but usually not natural. Ruth's bars give you about 5 grams of protein and are delicious.

Or, while you're cashing out, try one of Zo Zo's Cosmic Carob Balls made by Karma member Zooey Shama. She made them for those who want to avoid chocolate, so they contain peanut butter, organic sunflower seeds, organic raisins, roasted carob powder, and honey.

By the time you read this, you should be able to order your holiday free-range, drug- and hormone-free turkeys from Rowe Farms. If you don't see the sign-up sheet, ask and by all means, have a happy holiday!



Here is a nice alternative to the all-too-sweet cookie recipes that most of us are accustomed to baking at this time of the year. Courtesy of *Food & Drink* (holiday, 2002).

Seeded Romano Biscotti

1 cup unbleached flour	2 large eggs
1 cup whole-wheat flour	1/2 cup dry white wine
2 1/2 tsp baking powder	1/4 cup olive oil
1/2 tsp salt	2 tbsp coarse sea salt
3/4 cup freshly grated Romano cheese	
3/4 cup mixed seeds (poppy, sesame or even pine nuts)	

Here's what you do:

1. Preheat oven to 350 F.
2. Line a large baking sheet with foil or parchment paper. In a large bowl, sift flours with baking powder and salt. Stir in cheese and seeds.
3. Using an electric mixer and a medium bowl, beat eggs until fluffy and light-coloured. Slowly beat in wine and oil. Stir in flour mixture until dough is evenly moistened.
4. With slightly moistened hands, form dough on baking sheet into a loaf, about 13 inches (33 cm) long and 5 inches (12 cm) wide. Sprinkle with sea salt.
5. Bake 25 to 30 minutes or until small cracks appear and loaf seems firm when touched. Slide loaf onto a large cutting board. Cut crosswise into 1/4 inch thick slices. Wipe knife blade with a damp cloth if it becomes sticky. Remove from foil and stand slices upright about 1/4 inch (1 cm) apart on baking sheet.
6. Reduce oven temperature to 325° F. Bake 20 to 25 minutes or until biscotti are dry to the touch. Cool on baking sheet placed on a rack. Store airtight.

Makes 24 biscotti.

This one is a gem and sparkles with wintry and festive hints of orange, almonds, and anise. It's dairy-free and almost guilt-free, so savour and share them.

Chewy Orange Almond Cookies

1 1/4 cups raw almonds	1 tsp anise seed, crushed with back of knife
3/4 cup sugar	3 large egg whites, room temperature
1/4 cup unbleached organic flour	1/4 tsp sea salt
4 tbsp grated orange zest (2 oranges-preferably organic)	2 tbsp icing sugar

Here's what you do:

1. Preheat oven to 350°F. Have ready two baking sheets lined with parchment paper; set aside.
2. In a food processor, combine 1 cup of almonds with 1/2 cup of sugar, and process until almonds are finely ground. Transfer almond mixture to a medium bowl. Stir in flour, orange zest, and crushed anise seeds.
3. Using an electric mixer on medium-low speed, beat the egg whites, salt, and remaining 1/4 cup of sugar to soft glossy peaks. Fold egg-white mixture into dry ingredients until just blended.
4. Spoon level tablespoons of batter 2 inches apart on baking sheets. Using remaining 1/4 cup of almonds, slice them and arrange 3 sliced almonds on each cookie. Sift icing sugar over cookies, if desired. Bake until lightly browned along edges, about 12 minutes, rotating cookie sheet halfway through. Cool slightly before removing from baking sheet.

Sesame Lemon Cookies — A vegan treat from *The Natural Gourmet Cookbook* by Annemarie Colbin.

1 1/2 cups oat flour	1/4 cup apple juice
1 1/2 cups rolled oats (partially ground in food processor)	1/2 cup tahini
1/2 tsp sea salt	grated rind of one lemon
1 tsp baking powder	2 tbsp lemon juice
1/3 cup sesame seeds toasted	2 tsp vanilla extract
1/2 cup maple syrup	1 tbsp water

Here's what you do:

1. Preheat oven to 350° F. Grease cookie sheets or cover with parchment paper.
2. In a large mixing bowl, combine all dry ingredients.
3. In a smaller bowl whisk together lemon rind, lemon juice, water and vanilla until blended.
4. Add liquid ingredients to dry ingredients stirring well until you get a wet dough.
5. Shape into cookies by dropping spoonfuls on the baking sheet. Press down to flatten with a spoon. Place close to each other as these do not spread.
6. Bake for 10 minutes then turn over and bake for 5–10 minutes or until lightly browned.

PEOPLE and PLANET

Michael Moore's "Bowling for Columbine" (ongoing screenings, across Canada)

"First and foremost, a devastating indictment of the violence that is done in our name for profit and power . . . not a film simply about guns or school shootings. That is only the starting point for my two-hour journey into the dark soul of a country that is both victim and master of an enormous amount of violence, both at home and around the world . . . a portrait of our nation at the beginning of the 21st century, a nation that seems hell-bent on killing first and asking questions later." Michael Moore.

www.bowlingforcolumbine.com

Reviews, show times across Canada, links, discussion: planetfriendly.net/calendar/ite.p

Toronto-Area Environment Network Tues Dec 17, Toronto

If you are involved in environmental, social justice, health, peace, feminist, labour, conservational pursuits, we would like to hear from you. Formative meeting of a network for the Toronto area. Bringing groups and activists together to share stories and resources. Free. North York Civic Centre, 5100 Yonge (North York Centre subway). Info/RSVP: Shelley or Natasha 416-596-0660; or Erica 416-979-3900.

www.oen.ca or www.planetfriendly.net/calendar/item.php

Clean Air: Battling Smog Through Regional Action Wed Jan 15, 4-6:30pm, Toronto

Public forum with Eva Ligeti (Clean Air Partnership); Keith Stewart (Toronto Environmental Alliance); Quentin Chiotti (Pollution Probe); Monica Campbell (Toronto Public Health). Free. At the Toronto Archives Auditorium, 255 Spadina Rd., one block north of Dupont subway. Info: Frances Frisken 416-480-2313.

www.yorku.ca/gtaforum/ [links: www.torontoenvironment.org/smog/ www.cleanairalliance.org www.smogsummit.org]

Solar and Wind Energy Workshop (Level 1) Sat Jan 18, 10am-3pm, Kleinberg

Hands-on workshop: discover how to generate electricity using cost-effective, practical and reliable solar and wind energy (for residential or cottage use). Held in our Energy Cottage, completely powered by solar and wind energy. \$50. Kortright Centre for Conservation, just north of Toronto. Register: 905-832-2289.

Info: www.kortright.org/energy.html [links: www.planetfriendly.net/energy.html]

International Cooperation for Organic Agriculture Policy and Practice Thurs Jan 23, Guelph

Intensive workshop focusing on our role as Canadians promoting and working with overseas partners in organic agriculture. Speakers from India, China, Sierra Leone, and Canada have been asked to come and give inspiring lectures and visual displays. \$25-\$150; Register before Dec. 20, 2002. Info/register: Jean Arnold ja@fallsbrookcentre.ca 506-375-8143.

www.cog.ca www.fallsbrookcentre.ca planetfriendly.net/calendar/item.php?id=844 [links: www.planetfriendly.net/organic.html]

FRIENDLY LISTINGS

Green Business and a Green Economy: Practical Strategies To Create Community-Based Eco-Economies (course) Thursdays Jan 23-Mar 27, 7-10pm, Toronto.

Toronto's premier course on green economic alternatives. Opportunities for reorganizing the economy for social and ecological purposes, while at the same time showcasing exciting alternatives being built right now in the existing economy. Each week features a guest speaker doing cutting-edge innovation in a different sector of the economy: agriculture, energy, manufacturing, built-environment, money and finance, etc. No assignments or previous background in ecology or economics required. \$120 incl. materials. 33 Cecil (near College and St. George). Register: 416-537-6532.

Info: Brian Milani 416-968-1282 www.greeneconomics.net

Guelph Organic Conference and Trade Show Fri-Sun Jan 24-26, Guelph

Canada's largest public, organic event. Organic trade show and food-tasting fair with over one hundred exhibitors, free to the public. Over thirty workshops and courses for all levels of interest, novice to experienced grower. Theme: Organic Goes Mainstream. Guelph University Centre.

www.guelphorganicconf.org

Bus service from Toronto: 416 869-3200 [related links: www.planetfriendly.net/organic.html]

Environmental Justice at the Turning of the "Biotech Century" Thurs Jan 30, 4:30pm, Toronto

Free public lecture at York University. Free, all welcome. Room 306, Lumbers Bldg., York University, 4700 Keele. Info: 416-736-5285.

www.yorku.ca/fes

[links: www.geneaction.ca <http://human-nature.com/reason/books/rifkin.html> www.planetfriendly.net/organic.html]

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