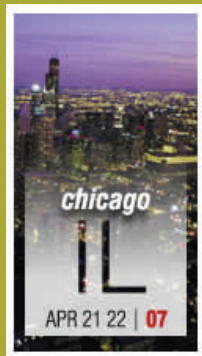


SPECIAL POINTS OF INTEREST:

- Teccino
- FOOD for THOUGHT
- SAMBAZON
- WorldCentric.org
- NUMI TEA
- Manitoba Hemp
- VEGNEWS
- Goodness Greeness
- Phil speaks - on Philanthropy: Arran Stephens and the SOS ECO Centre



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# VegE-zine

the newsletter of  
Your-Vegetarian-Kitchen.com

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## Your Vegetarian Kitchen goes to Chicago's GREEN FESTIVAL

In spite of the fact that we had experienced a few days of biting cold and an unseasonable snow-fall just a few days previously, Saturday April 21 dawned an amazingly beautiful day here in Chicagoland. Hugging the low 70's the temperature was perfect, the sky was a cloudless cerulean and the trees had begun to leaf and flower.

Magnolia blossoms dotted the landscape and jonquils and tulips edged the highway as we arrived at McCormick where among the hundreds of SUV's in the parking garage there were happily more hybrids than we had seen any-

where other than a dealers lot! After a long trek through the garages noticing the makes and models, we arrived at the show itself and frankly, I was amazed! The show was literally packed with thousands of people who are truly concerned with environmental issues: global warming, sustainable agriculture and a vegetarian lifestyle! I felt that there really is hope for the planet after all.

Mayor Daley was there, Dennis Kucinich, Francis Moor Lappet and 147 other dynamic speakers and more than 300 vendors offering information, inspiration

and great products! You'll find a brief profile and links to the few we are able to highlight here; those who stood out in our minds as exceptional.



### Why?

Because they release endorphins, maintain your energy levels and keep you regular!

## 9 Happy Foods for Happy Moods

Well, yeah, you are what you eat! So here is the list of foods that will enhance your outlook on life and improve your mood! Top of the list is

**1 Rich Dark Chocolate** releases those feel good endorphins 60—72 % is a really good choice!

**2. Blueberries** (balance out blood

sugar levels, rich in folic acid and fiber)

**3 Blackberries** (rich in soluble fiber and folic acid)

**4 Hemp Seed** (rich in soluble fiber, omega 3-6-9 fats. proteins and folic acid and has no THC's)

**5. Flaxseeds** (rich soluble fiber, omega 3 fats, proteins and folic acid)

**6. Soybeans** - (rich in soluble

fiber, folic acid, proteins and omega 3 fats)

**7. Beans, Legumes** (rich in proteins soluble fiber and folic acid)

**8. Brussels Sprouts** (soluble fiber and folic acid)

**9. Spinach** - (soluble fiber and folic acid, best eaten raw rather than cooked or out of a can)

**Sorry, Popeye.**



## Teecino Herbal Coffees

When Caroline MacDonald focuses her attention on the health of the planet and the people of it, she is a force to be reckoned with. The lady is awesome! So are her products!

An award winning designer with 30 years experience in the herbal tea industry, she has designed for Celestial Seasonings, Yogi Tea, and The Republic of Tea, Caroline has a passion for her

work and a commitment to make a healthy lifestyle possible for our coffee/caffeine addicted population. She herself is sensitive to coffee's acidity and no one is free from the effects of caffeine. In the past coffee substitutes were grain beverages and tasted like it. However, Caroline's genius couples the benefits of coffee including its rich taste, along with its energy boost

and its ability to improve elimination, with nutrients not stimulants! And what is more — her Teecino Herbal Coffees are absolutely delicious and have rich, deep flavor. We love them! Every one of them.

And of course Teecino Herbal Coffees are organic and her company is dedicated to sustainable farming. [www.teecino.com](http://www.teecino.com)

*"Teecino Herbal Coffee has all the benefits, and none of the drawbacks of coffee."*



Not only for athletes and other health conscious People anymore.

## MANITOBA- Hemp Foods and Oils

Are you aware that 35% of the hemp seed is actually protein, and that is more than meat, fish or eggs; more than our best nuts and seeds! In fact its fatty acid content is even more complete and balanced than that of flax? Hulled hemp seed has been around for a while but I was unaware of

several other great hemp based products created by **Manitoba Harvest**. Things like: **Certified Organic Cold Pressed Hemp Seed Oil** which is used in smoothies, shakes and salad dressings. **Hemp Seed Nut Butter** a delicious, nutritious spread **Hemp Protein Powder** a

really powerful protein shake, which tastes great straight from the can! **Hemp Bliss Organic Hempmilk!** which has 1200mg of Omega 3, 4000mg of Omega 6, 1000mg of Omega 9, 5 grams of protein, and only 110 calories per serving! [www.manitobaharvest.com](http://www.manitobaharvest.com)

## AÇAÍ Sustainable on all levels!

SAMBAZON a company that is sustainable on all levels! Ingested, the fruit itself, sustains energy and carries an amazing amount of antioxidants in every sip and bite. Harvested, the plant sustains the indigenous people of the Brazilian Rainforest and that part of

the rainforest itself. Furthermore, when the pulp of the AÇAÍ (ah-sigh-ee) seed is harvested, these beautiful seeds are returned to the people who make lovely jewelry from them for additional income. A relatively recent addition to the shelves of health food

stores and menus of the juice bars across the US, the rich berry-chocolate flavor is enhanced by its adaptability into other foods, from juice, to sorbet, to candy bars.

It has definitely inspired my creativity! [www.sambazon.com](http://www.sambazon.com)

# WOW!!! Look What YVK Found!



As it steeps, **NUMI Flowering Tea** provides a display that is utterly enchanting. Each unique creation is sewn with cotton thread into bundles which emerge in the shape of an aquatic flower as it unfolds in an infusion of delicate beauty and fragrance. This delight functions on many levels delivering a delicious cup of tea as well as a dramatic performance in your glass teapot. [www.numitea.com](http://www.numitea.com)

The rest of the Numi family of fine teas are also deserving of your attention. The difference is steeped in every cup by hand blending organic whole leaf teas, fresh herbs and real fruits rather than using oils, flavorings or tea dust. Of course the company is committed to being environmentally responsible and globally sustainable in its operations and their packaging and merchandising is both biodegradable, recyclable and beautiful.

*“NUMI’s flowering tea is tea that enchants with its drama and delicate beauty as well as its fragrance and flavor.”*

## FOOD for THOUGHT

Organic & Sustainable Preserves! Condiments! Salsas! Oh My!

**Food for Thought** provides total enjoyment in their remarkable preserves! I remember when fruit used to taste this good before big business sacrificed flavor and health on the altar of commerce and profit. However, from a small company in Honor, MI comes organic fruits and vegetables crafted by chef Timothy Young

into the most delectable, tender fruit preserves, syrups, butters and concentrates; the most piquant and perky salsas, salad dressings, vinegar infusions and barbeque sauces; and the most delightful pie fillings, each of which honors the integrity of the original ingredient, and the soil it grew in. Honorable, that is the word for this company

with its commitment to sustainable organic farming and its exceptional product line.

Hard to tell from here if their town was named ‘Honor’ before they began their work. Either way, Honor, MI definitely provides us with **FOOD for THOUGHT** and great food! [www.wildjam.com](http://www.wildjam.com)

## Biocompostables! [www.worldcentric.org](http://www.worldcentric.org)

**WorldCentric.org** offers eco products that reduce pollution and waste or reuse what is thrown away, use less energy and water to make, come from renewable resources, save biodiversity and habitats.... the list of benefits is almost endless. They are a non-profit with an

eco-store committed to provide equitable alternatives which reduce environmental degradation and social inequality. They are a volunteer run organization with an intention to use the revenues from the sale of these products to make a difference in the world. So what are we talking about? Plates, bowls, cups, utensils etc.

made from corn, or sugar cane or soy fiber that completely biodegrades in 90 to 180 days! To my mind, that is totally awe inspiring my friends. These people are my new heroes! Check out their eco-store.

**These products completely biodegrade in 90—180 days!**



Vegetarian: a diet for all reasons: aesthetic, ahimsa, animal rights, biblical, ecological, economic, health, humanitarian, macrobiotic, spiritual, world hunger, and subtle energy reasons as well. We here in the west tend to think of our food in terms of its component chemical parts, its carbohydrate, fat, protein and vitamin composition; in other words in nice, neat, discrete, measurable, neutral language. We all know that how we speak reflects our attitudes, our thoughts and feelings. However, the foods we eat effect us on a much deeper, more subtle level than the mere physical given that we all eat and are profoundly affected by the attitudes and emotion with which it has been grown, produced, harvested, prepared and partaken of. We are energy fields, whirling packets of energy in a kaleidoscope of forms manifesting as beings of light and thought and emotion which are governed by the laws of physics and metaphysics. We are all one, no matter what form we are currently in: animal, mineral or plant. And it does not matter whether we know it or not.

AT [www.your-vegetarian-kitchen.com](http://www.your-vegetarian-kitchen.com)

we are committed to bringing you the best information we can find on a wide variety of topics centered around the Vegetarian diet. We endeavor to bring you great recipes and incorporate other food related information as well. Obviously the planet's health, and sustainable farming are integral to these discussions. We deplore factory farming, genetic engineering and burning the soil of our farmland with chemical fertilizers. Expediency never wrought quality. All of which is why we can whole heartedly recommend **GoodnessGreeness.com** for organic fruit and veggies! [contact@goodnessgreeness.com](mailto:contact@goodnessgreeness.com)

You'll always find good news from **VEGNews.com** the news medium of vegan

consciousness and a fine magazine, tells it like it is and keeps people focused on the issues. A recent article talks about encouraging Home Depot and Lowes to carry lawn products that are organic and non-toxic to ensure the safety of children and pets. Lawn 'care' companies who use chemicals are creating a toxic stew, of several different toxins to make people's lawns look "greener".

That isn't what we mean by going green at all!

But you knew that right? [www.vegnews.com](http://www.vegnews.com)

## Phil speaks—on Phil-anthropy—paying it forward

Our very first newsletter!

Wow, this is fun! When Bette asked me to write an article I immediately thought about doing a piece on money, goods, time or effort donated to support a charitable cause — otherwise known as Philanthropy.

We had just spent some time at Chicago's GreenFestival and after meeting all of the wonderful people dedicated to sustainability and 'eco-friendly' initiatives that give back to replenish the land and the people, I was inspired to explore this world of paying it forward a bit more.

Then I thought about our friend

Arran Stephens, President and Founder of *Nature's Path Foods, Inc.* who has lived these principles his entire life. Sustainability, community, and spirituality are his primary values and they have not only lead to his creating the world's largest certified organic cereal company; but they have also developed a remarkable center in Richmond, BC known as 'The SOS Eco Centre'.

Presently under construction, this all volunteer center will open soon and offer classes in sustainability, ecology, composting, organic gardening, herbology and alternative health care; each of which is to be taught by qualified practitioners.

To learn more visit <http://www.mothandtheflame.com/book/SOS-ECO-CENTRE%202.pdf>



**SOS  
ECO-CENTER**

*created to serve the community*

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