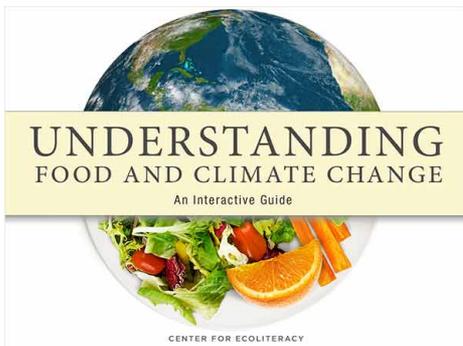




Greetings!

If you only go to one link in this newsletter, let it be this one. This full, fascinating and user-friendly [interactive site by Ecoliteracy](#) gives us so much of what we need to know about our relationship between [food and climate change](#). Useful information and solutions.



Thanks to the [YES! magazine article](#) for this reference

Here are a few topics from the **Table of Contents:**  
*Extreme Weather*  
*Temperature Change*  
*Food Waste*  
*Agricultural Production*  
*Food Systems Infrastructure*  
*Responding to Climate Change*  
*Water Management*  
*Systems Thinking*

### Bringing all possibilities to the table of change



We Americans and folks around the world love burgers! They're fun; they're tasty; they're a party. They're a catastrophe for the planet. Can we have all those good things *and* have a positive impact on climate change and other environmental problems and our personal health? **Yes!**

Let's first be aware of what's wrong with factory-farming, the benefits of a more humane practice of raising animals for food, and something even more appealing that we can eat at that fun party and have a positive impact on the health of all.



Good news, insights and action for positive change

~ ~ ~

*PERSIST*  
*INSIST*  
*PROTECT*  
*DEFEND*  
*DEMAND*  
*DEFY*  
*DISRUPT*  
*GUIDE*  
*CREATE*

~ ~ ~

*"Imagine"*  
*John Lennon*

*Justice is what love looks like in public.*  
*Cornel West*

~ ~ ~

*Because I always have a choice, I choose love.*  
*Deepak Chopra*

\*\*\*

*Come, Come, whoever you are.*  
*Ours is not a caravan of despair. --Rumi*



You may have read all the incriminating news and statistics you can stand about the negative impact of our meat and dairy-heavy diet on people and planet. Head over to [my website homepage](#) for a pdf of the basics and the [monthly column](#) for more excellent articles and resources. Here's one article to whet your appetite for a more Earth-friendly diet: [How to Eat as if the Planet Mattered](#). You'll find terrific resources and tips for everyone's eco-friendly kitchen and grocery list. Particularly good is "How to Eat Low on the Marine Food Chain."

Now let's move on to some intriguing alternatives.

### *Tasty People and Planet-friendly Foods at a Supermarket or Restaurant Near You*

It's happening. New plant-based meat and dairy products are showing up at a rapid clip in supermarkets nationwide and online. We've been experimenting with burgers and sausages; they're really good! Here are some ideas for you to try.

**Go Beyond Meat:** If you were blindfolded I bet you could not tell this was not your classic beef burger.

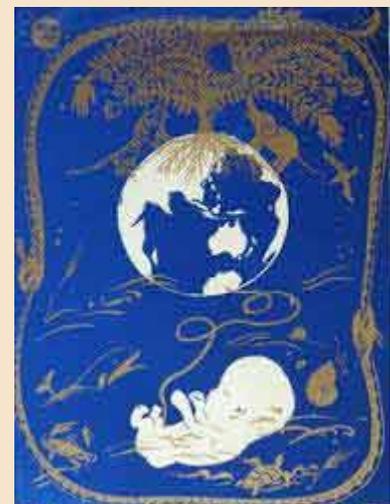
**Costco** found the Beefy Burger from Dom Lee Farms a top seller.

**Impossible Foods:** Here's what founder Dr. Pat Brown said when asked if he was trying to build a business or save the world with his meat-free burger. *Well, it's both. I decided to found the company because I recognized that the use of animals as a food production technology is by far the most destructive technology on Earth. But we're not going to address the problem by telling people to change their diet - that's never going to work. Instead, we have to produce foods that consumers prefer over what they're getting today from animals. And if we succeed in our environmental mission, we will be the biggest, most impactful business in history.*

**Best non-dairy milk on Amazon:** "Kitchin" reviews the top seven non-dairy milk sold on Amazon. This product is the last thing I expected to find on Amazon. (I should know better by now!) We've tried Oatly. It's really good!



## FOR THE LOVE OF EARTH



Print by Mayumi Oda

### For the Love of Earth

David Korten

A new way to look at how we might heal and regenerate our Earth. Great article.

### Our Global Ecological Footprint and Earth Overshoot Day 2017

David Korten

### Climate Change or System Change? by Local Futures

\*\*\*  
Every single person on this earth has the power to change the world.  
Emma Thompson  
Actress and Activist

\*\*\*  
When the people lead, the leaders follow.  
Gandhi

## Fossil Fuels, Factory Farms and Earth

Personal **and** policy change is needed.

[This article from YES!](#) expands on the need for system change to address Earth's crises and return us to economic, environmental, and personal health. *"It's time to reverse decades of pro-industry policy that had made Big Ag and Big Energy bigger and badder, and create policies that start phasing out pollution from agriculture and energy."*

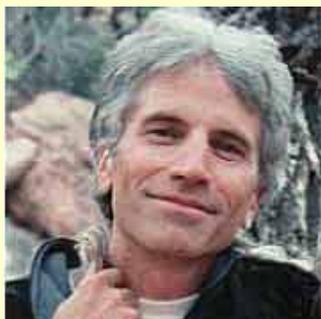
For example: A \$5 Big Mac would cost \$13 if the retail price included the hidden costs in healthcare, subsidies, and environmental damage. Our government subsidizes the meat and dairy industry to the tune of \$38 billion; it subsidizes fruit and veggies \$17 million. (["Ten Things We Wish Everyone Knew About the Meat and Dairy Industries."](#))

### WISDOM FOR OUR TIMES



Joanna Macy

*You are given everything, and will be given everything you need to act in devoted caring for Life. What more can we ask for? Life wants to go on, and we're part of the web. . . We mustn't be stopped to say what we can't tolerate. We must speak first.*



Bill Plotkin

*The gift you carry for others is not an attempt to save the world but to fully belong to it. It's not possible to save the world by trying to save it. You need to find what is genuinely yours to offer the world before you can make it a better place. The offering of that gift is the most you can do to love and serve the world. And it is all the world needs.*

Happy Independence and Interdependence Day!

### UPLIFTING STORIES & INNOVATIONS



[China has cleared Mt. Everest of 9.4 tons of waste.](#)

**Thank you China!**

#### FAVORITE RESOURCES

[350.org](#)

[Climate Reality Project](#)

[The Small Planet Institute](#)

[Local Futures](#)

[Network of Spiritual Progressives](#)

[Project Heaven on Earth](#)

[Yes! magazine](#)

[The Optimist Daily](#)



[VirginiaMudd.com](#)  
[Desert Rose Press](#)  
[Raventalk](#)



More on this meaty topic, and our personal changes



Rock Sculpture by Michael Grab , GravityGlue.com

*Virginia / Gibi*

#### How Our Food System Affects Climate Change

Explore the global food system and discover ways that different parts of the farm-to-table system, from growing crops to transporting food to consumers and food waste, have an impact on climate change.



*In this month's  
column*

