



Drinks

- If you can't locate local organic eggnog or would like to add some spirit to what you purchase, try Papagayo organic white rum, imported from Paraguay and distributed through MaisonJomere.com.
- Organic cider is generally non-alcoholic. But if you're craving something stronger, how about artisanal cider, an alcoholic beverage fermented from 100% freshly expressed apple juice made from apples which have been sourced from the same geographic region where the cider is produced. Find a local provider by doing an online search.
- To finish the meal, try organic Fair Trade coffee from the WomensBeanProject.org which teaches job readiness and life skills through employment in a gourmet food production business. Or check out Caffelbis.com for shade grown, organic, Fair Trade coffee from an all-women consortium of growers trying to break the cycle of abuse.

CAN'T BE "BEET!"

BEET HUMMUS

Choose local and organic ingredients whenever possible

SERVES 10

This brightly colored dish can be an exciting alternative to a regular hummus appetizer. It's packed with flavor as well as healthy antioxidants and also offers a nice source of protein.

INGREDIENTS:

- 2-3 large beets (about a pound)*
- 1/3 cup sesame oil
- 1 medium onion, chopped
- 1 tbsp ground cumin
- 1/8 tsp cayenne pepper (optional)
- 14 oz can white cannellini beans
- 1 tablespoon tahini
- 1/3 cup plain yogurt
- 3 garlic cloves, chopped
- 1/4 cup lemon juice
- 1/2 cup vegetable stock
- Salt and pepper to taste

**In a time crunch, 2 cans of canned beets can also work*

DIRECTIONS

Place beets in a pot of boiling water and cook for 30-35 minutes until soft. In the meantime, sauté onions with the cumin and cayenne pepper in the oil for 5 minutes until soft and slightly clear.

Place cooked and peeled beets in a food processor with onions, beans, tahini, yogurt, lemon juice, garlic, and stock until smooth. Add any remaining oil and process until all ingredients are combined. Place in refrigerator and serve at room temperature. Serve with whole wheat pita slices or hearty grain bread.

Contributed by Mary Purdy, certified nutritionist and registered dietitian. Seattle, WA, www.NourishingBalance.com, adapted from a recipe by Kay Scarlett

Thanksgiving Three Ways

This chart offers some ideas for evolving from your traditional holiday meal to one that is better for you and the planet. Want to try something organic? Here are some (not all, that's for sure), suggestions. And if you'd like to bring in some new flavors, why not try a choice from the third column. To tempt your palate, you'll find the recipe for beet hummus in this book. The rest of Mary Purdy's scrumptious alternatives are on our website, CelebrateGreen.NET.

Traditional	Organic	Healthy Alternative
Dips and chips	Make "chips" from organic veggies including potato, sweet potato, and carrots, or use fresh raw veggies. Make dip base from organic yogurt, sour cream, or tofu.	Beet Hummus on whole grain pita wedges
Turkey	See the previous discussion on turkey.	Tempen (a form of tofu) Croquettes with Mushroom Flourish
Gravy made with pan drippings, flour, and canned stock	Organic ingredients available, or buy ready-made organic.	N/A
Sweet potatoes with marshmallows	Use organic sweet potatoes and leave off marshmallows, or make marshmallows from scratch using organic ingredients, where available.	Sweet Potato and Parsnip Whip
Canned cranberry sauce	Use fresh whole and organic berries.	Cranberry apple relish
Green bean casserole: frozen green beans, canned bean sprouts, canned mushroom soup, canned water chestnuts, cheddar cheese, canned fried onions	Fresh, organic beans and sprouts. Organic canned soup and water chestnuts. Organic cheese. Fry organic onions yourself in organic grapeseed or other high heat oil, or leave off.	Zesty Green Beans with Triple Nut Topping
White rolls with butter	Organic wheat, spelt, or rice flour, with organic butter or coconut butter.	Whole Grain Orange Raisin Bread
Eggnog	Organic available ready-made.	Spicy Chai Tea
Apple pie with ice cream	Organic ingredients or ready-made available.	Ginger bread with Lemon Coulis and Winter Fruits

For those who can't bear the thought of buying a cut tree, live, potted evergreens can be enjoyed indoors and then planted after the holiday. (Imagine if you planted a new tree every year—after a quarter century, you'd have grown a forest of memories.) If you do go this route, however, you'll want to plan in advance and speak with your local nursery about how to prepare for and address your tree's needs, taking into account temperature changes (from inside to outside), size and species of the tree, ground hardness, and dirt temperature. For more details visit RealChristmasTree.org.

- For eco-friendly tree farmers near you, check out LocalHarvest.org or GreenPromise.com.
- To find tree recycling near you, go to Earth911.org.
- In some areas of the country, live, potted trees can be rented! Ask your local nursery, check out LivingChristmasTrees.org, or use an Internet search to find out if this option is available near you.
- Contact your local forest service and ask about permitted Christmas tree cutting in areas that are deemed in need of thinning or where trees will be replanted.
- If you've got a few years to wait, you can purchase Christmas tree seedlings through TreeInABox.com or HerbKits.com.

Tree Ornaments/Decorating

A Christmas tree without ornaments is naked indeed, so avoid any unnecessary embarrassment and dress your tree in what it really wants to wear: eco-friendly décor. Start by reusing ornaments you already own or can acquire from others, unless they are unsafe (many ornaments, especially those made in China, contain lead which can flake off and be inhaled or ingested by wee ones). Tree décor made from consumables or natural materials are almost always the best choice because they're the safest for you and the planet and are compostable/biodegradable. Using found or made natural décor will also save you money over buying from a store. As with all products, when buying online, at markets, at fairs, or in brick and mortar stores, look for ornaments that were created by people who were paid and treated fairly.



Here are additional ideas for greening your tree décor:

- ④ Instead of throwing something out, make it new again. For example, used incandescent lights can be painted and hung as ornaments.
- ④ Use a baby shoe or old toy as an ornament, adding the child's name and date.
- ④ Use popcorn and/or cranberry strings (feed to birds or compost after use).
- ④ Make origami ornaments out of colorful repurposed paper.
- ④ Hang cookie cutters from ribbon or string.
- ④ Use memorabilia—concert tickets, lift passes, or airline tickets from a special vacation (use Modge Podge to secure them to wood scraps if desired).
- ④ Make ornaments from found or acquired objects such as pinecones, buttons, antique silverware, ribbons, shells, etc.
- ④ Make cutouts from last year's Christmas cards.
- ④ Use wool felt, scraps of fabric, or yarn to create, sew, knit, or crochet elves, birds, stars, or trees.
- ④ Create photo ornaments by gluing pictures onto small rounds of found wood or on lids that would have otherwise gone in the trash.
- ④ Cut out pictures from magazines or holiday cards and glue onto plastic lids. Decorate with beads, buttons, or jewelry and punch a hole and hang with string or yarn.
- ④ Make gingerbread people or reindeer ornaments from repurposed brown paper bags.
- ④ If you're buying ornaments, choose lead-free, Fair Trade, or ethically sourced options from stores or websites such as
 - CrossroadsTrade.com
 - Lucuma.com
 - TenThousandVillages.com (also in stores nation-wide)

For lots more ideas, visit our website, CelebrateGreen.NET.

Stockings



I still remember the magic of waking up Christmas morning to find the stocking that I had left empty the night before, bursting with goodies. That sense of surprise always meant more to me than the gifts themselves, no matter what they were. My kids experience that same joy and excitement using stockings created by their grandma from fabric scraps. (I would have handed down my

According to the U.S. Department of Commerce, Bureau of Census, #22 on the list of "Top 30 Imported Products from China" are "entertainment articles," all of which, except three, are Christmas décor items such as ornaments, nativity scenes, and artificial Christmas trees.



Corey and Lynn's Green Anniversary Gift Guide

Anniversary	Traditional	Modern	Green
1st	Paper	Clocks	Recycled or tree-free paper
2nd	Cotton	China	Organic cotton
3rd	Leather	Crystal/Glass	Recycled glass
4th	Flowers, fruit	Appliance	Organic flowers/fruit or energy star appliance
5th	Wood	Silverware	Reclaimed wood or tree planting
10th	Tin/aluminum	Diamond	Recycled aluminum
20th	China	Platinum	Estate or heirloom china
25th	Silver	Silver	Recycled Silver
40th	Ruby	Ruby	Eco-travel
50th	Gold	Gold	Recycled gold
60th	Diamond	Diamond	Cultured diamond
75th	Diamond	Platinum	Fund a green project

Birthdays that Give Back

No child old enough to understand her birthday is too young to understand the importance of giving back. Celebrating a birthday by acknowledging the needs in the world gives deeper meaning to the event than cake, candles, ice cream, and even loads of tangible gifts can.

Giving can be the main event of the party. For instance, a summer birthday might be celebrated at a park where there is a need for removal of invasive weeds. The party might include identification games about weeds, prizes for whoever picks the most, etc. Beach clean ups, writing letters in support of organizations trying to stop the importation of toxic toys, helping plant a community garden, sorting clothing and toys at a local food bank—the list is endless.

If you're not sure where to start, go to VolunteerMatch.org and type in your zip code. In the drop down menu, indicate your area of interest and up will pop dozens of opportunities. Seek out organizations that offer bite-size projects where a group could



contribute a few hours. You can also call local organizations, let them know you'd like to volunteer your crowd of children or adults, and ask what they have to offer. Many will be thrilled to have you.

If you're not ready to make giving the central theme of your birthday celebrations, you can still do good while having fun. Ask guests to bring the same number of canned or packaged foods as the age of the birthday child. So if she's seven, request that each guest bring seven cans. During the party, the children can decorate bags and include the words, "This donation is made in honor of Lizzy's 7th birthday." Afterwards, take your daughter to the food bank to distribute the bounty.



And if you're not a kid anymore? I've done this for my birthday, asking guests, instead of gifts, to bring contributions to the food bank. I can't tell you how great it is to deliver the bags. It's a wonderful feeling to know that others are benefiting from my turning a year older. (And by the way, I haven't asked people to bring my age in food, but maybe this year I will. Hmmm, I'm 63. I'd need a bigger van to carry everything!)

As part of every birthday celebration, we suggest you consider enjoying time together in a "giving" environment. Depending on your interests and those of your children, you will find choices that meet your own needs and values. But whatever you do, putting your energy and enthusiasm toward bettering others' lives and/or the life of the planet cannot help but bring meaning to each year we enjoy the privilege of being alive.

It's important, especially when you're dealing with children, to talk with the birthday child first about what you are thinking of doing. Involve him in all decisions about the activity and organization. Also be sure to find ways to make the child feel happy as well as important as this is, after all, a celebration in his honor. And doing for others doesn't necessarily mean no gifts. This is a decision only you can make, with your child, of course. If you do decide to forgo gifts though, you might want to consider rewarding your child's altruism by giving him one present he badly wants.





- o You also could set up a contest to see who rides or walks the most while you're at the reunion. Give each participant a pedometer, and if the bikes don't have an odometer, estimate. At the end of the day, everyone marks on a large board how far they biked or walked. (Or you can do this by family group.) At the end of the reunion, give out prizes to those who walked/biked the farthest.

● **Games and Activities**

- o Have everyone bring items to trade with each other. Kids can gather toys they're tired of. Adults can contribute items they never use. (Lynn's rule is, if we haven't used it in five years, it goes to a thrift store.) You can play the "White Elephant" game: lay items on a table and allow everyone to take what they want, or use the items for prizes.
- o Encourage physical games. A family "Olympics" can involve everyone. Break up into teams that include a mix of kids and adults. The teams can make flags, then stage a parade. Next set up active competitions like running races, long jump, hula hooping, basketball throw—whatever works for your family.

UNIQUE!

SUMMER QUINOA SALAD

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Choose local and organic ingredients whenever possible

Make for a crowd by assuming approximately 4 oz. per person.

INGREDIENTS

- 2-3 cups cooked quinoa
- 1/2 c minced red onion
- 1 c minced parsley or fresh basil
- 1 c small diced cucumber
- 1 c sliced cherry tomatoes
- 1/4 c lemon juice
- 1/2 c extra virgin olive oil
- kosher salt and fresh ground pepper to taste

DIRECTIONS

Toss all ingredients together. Add seasonings to taste. Platter on layers of fresh sliced cucumbers, tomatoes, fresh basil or greens.

Contributed by Pam Samper, chef, Ravishing Radish Catering, Seattle, WA.

JUST DANDY!

THREE BEAN SUMMER SALAD

Choose local and organic ingredients whenever possible

Make for a crowd by assuming approximately 4 oz. per person.

INGREDIENTS

1# cannellini beans
1# black eyed peas
1# edamame beans
1# minced red onion
1# sm diced red pepper
1# sweet corn kernels, blanched
2 c fresh basil chiffonade
1 pt. Italian vinaigrette
kosher salt and fresh ground pepper to taste

DIRECTIONS

Toss all ingredients together. Add seasonings to taste.

Contributed by Pam Samper, chef, Ravishing Radish Catering, Seattle, WA.

- o **For the women in the family:** Bring some organic cosmetics and let everyone try them out. Many women have never used (or even seen) chemical free make up.
- o **Craft table:** Invite everyone to bring contributions of recycled materials. Use this as an opportunity to introduce your family to chemical free crayons, paints, and glue.
- o **Make a family tree:** You can use a live tree (get permission first) or a branch if you can find one that is not attached. From recycled paper, have each person cut out a leaf shape and write their name and any other information they'd like on it. Then punch a hole in the "leaves" and hang them from the tree branches using string.
- o **Volunteer:** Visit VolunteerMatch.org and type in the zip code of the place you'll be meeting. Then see if you can find an opportunity for the group to lend a hand for a day.
- o **Digital photos and videos:** Use a computer to download everyone's pictures onto a free site like PhotoBucket.com. No need to print out photos when you can share them digitally in slide shows that can viewed online or transferred to a

