



for Harmony

sustainable e-times

New on
www.forHarmony.net

- New merchandise pages have been added: Sustainable/Ecological clothing from Circle of Life as well as Joyous Vegan. Also, sustainable merchandise from Circle of life is now available for purchase.
- New note card themes are available
- Resources and links page has been added

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Thank you's...

To Aaron Lehmer for his awesome web design and support all the while trying to develop the non profit—Bay Localize.

To Alissa Hauser and Milena Fraccari for giving me the privilege to help Circle of Life and Joyous Vegan distribute their great sustainable and eco-friendly products and tools.

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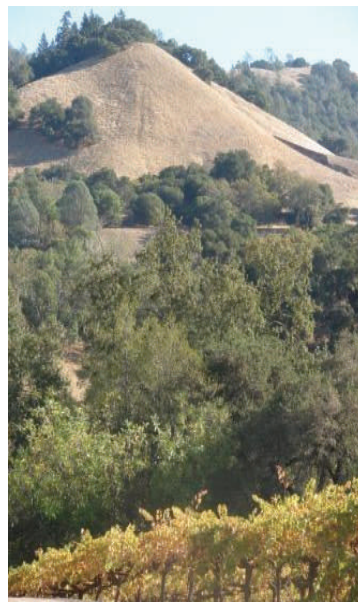
Autumn is in the air—Harvest Time

It's definitely Fall in the Bay area. The trees are changing colors and starting to drop their leaves; the air is becoming cooler and brisker.

The wine Harvest season is almost over (except for those late harvest wines) meaning that the vines are turning from green to gold and will soon begin to drop their leaves.

Fall is a wonderful time of year to look at all that we've accomplished and be thankful for our abundance—whether it's what we've actually produced and grown or just the love we have in our homes and communities that continues to flourish.

Each season should be looked at as a blessing although



Alexander Valley~
Miraval Vineyard
Golden California
October 2006

often times, they are completely overlooked. The seasons bring forth new things for one another as well as our Earth. We should acknowledge how we feel, and what our intentions are in each of them, in order to fully be present in our lives.

As the rain starts to fall, the hills will turn from golden to green—bringing in a whole new season and appreciation for all that's been harvested.

We at *for Harmony* hope that this message of the season finds you well; exploring all that the world has to offer as well as what you have to contribute from your own harvest. Peace.

Exciting Additions to for Harmony

On for Harmony, there's something for everyone—from the youngest to the eldest and we hope you'll check out our pages and see all that we have to offer.

New merchandise pages have been added:

Sustainable/Ecological clothing from Circle of Life and Joyous Vegan.

Also, sustainable merchandise from Circle of Life is now available for purchase.

These new pages have plenty of additional ideas for your holiday gift giving and we are so pleased to be collaborating with these two amazing organizations. Please check out our Resources page for links to these sites.

Quotes To Consider:

We must learn to think and act from our hearts, to recognize the interconnectedness of all living creatures, and to respect the value of each thread in the vast web of life.

-Petra Kelly
Founder of the Green Party in Germany.
Murdered in October, 1992

"Petra Kelly was a committed and dedicated person with compassionate concern for the oppressed, the weak and the persecuted in our time. Her spirit and legacy of human solidarity and concern continue to inspire and encourage us all."

-The Dalia Lama

*Consider:
What inspires you?*

A Look At: Threatened species—Snowy Plover

A recent hike down to the coast and I found myself amongst a federally threatened species—the snowy plover. They were well hidden in the dunes and we stayed far away to give them their space (I've got a great zoom on my camera). We also reported the sighting to the Park Service. These little birds have lived on the California coasts for thousands of

years but due to massive development, they are now a threatened species. Fortunately, it was in 1962 that the federal government deemed Point Reyes a place to be "preserved and protected for future generations". (http://www.nps.gov/pore/naturescience/birds_snowyplover.htm) But, they've also been spotted on Southern California beaches that do not

have the same protection laws. It's important to protect our land, our seas, our Earth. There are over 6 billion of us—but only one Earth (and only 1300 snowy plovers). Imagine the changes we could make now to preserve, conserve and protect so that future generations can experience all that we have and more...



Camouflaged Snowy Plover—Point Reyes National Seashore; October 2006

Recipe—Bleu Cheese Polenta with Spinach and Mushrooms (Serves 4)

Ingredients:

2 T olive oil
6 garlic cloves, minced
3/4 pound assorted exotic mushrooms, wiped clean and sliced
1 pound bunch fresh spinach
Salt to taste

1 1/4 Cups Cornmeal
1 T unsalted butter/margarine
2 T grated Parmesan
3 Oz Bleu cheese

Prepare the cornmeal as directed on the package (for 4 servings). Adding the butter and cheeses at the end. While the polenta cooks, heat the oil in a large skillet over medium heat. Add the garlic, stir in the mushrooms and toss well. Cook until the mushrooms turn brown. Pile on the spinach and stir. Cook until the spinach wilts. Spoon polenta onto plates, then top with the vegetable mixture.

Enjoy!

Adapted from:

Simple Vegetarian Pleasures by Jeanne Lemlin, 1998.

Recommendations for Harmony:

Use organic, local ingredients—Visit your local farmer's market or CSA! Try "French" garlic and Parmagiano Reggiano (the real stuff). For the cheeses—support farmers who don't use animal rennet (which requires the slaughter of the calf).