



# for Harmony

sustainable e-times

New on

[www.forHarmony.net](http://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

Inside this issue:

- Quotes to Consider 2
- A look At: Consumerism and The Real World 2
- Recipe: Kale, Butternut Squash, and White Bean Soup 2

In Remembrance:

**Paula Zambito**  
 Paula passed away this month from a year long struggle with liver and stomach cancer. May all those whose lives she touched find the peace and love that they need at this time.

American Cancer Society:  
 1940 East Deere Avenue  
 Suite 100  
 Santa Ana, CA 92705

Volume 2, Issue 1

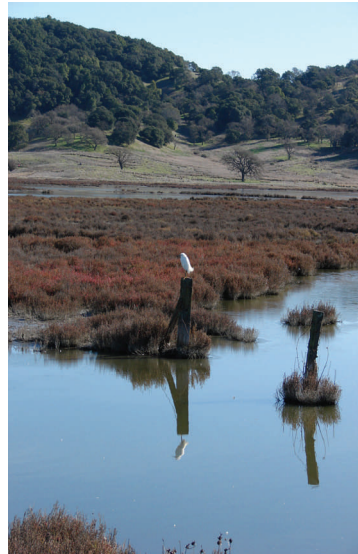
Winter 2007

## Winter—Each in our own time

We're finally getting some decent rain in the bay area and the hills have turned to green. But it was only recently that they did this as just last week, there were still golden hillsides with just a few patches of green on them.

Whereas Fall was the time to celebrate all that we had harvested during the year, Winter is now upon us and it's time to turn inward; to rest, to find peace, to take quiet-time and to renew ourselves before Spring begins.

But we each do this in our own way and in our own time. And, we can learn so much about our own lives from watching nature-seeing the natural progression of the seasons and how everything in the environment has its own time for renewal and rejuvenation.



Novato Marsh  
 Gold and Green Hillsides  
 January 2007

Just outside my kitchen window, I have several deciduous trees. Two of them are liquid ambers. One of the trees lost all its leaves a few months ago. The other liquid amber still has yet to drop all its Autumn leaves. A few are still hanging on; not ready to let go just yet and fall to the ground where it can be composted back into the earth.

As we are ready, each of us needs to drop our leaves and begin anew... rejuvenating ourselves...composting what we no longer need in order to make room in our lives for the upcoming year. May you find peace and renewal during this winter season.

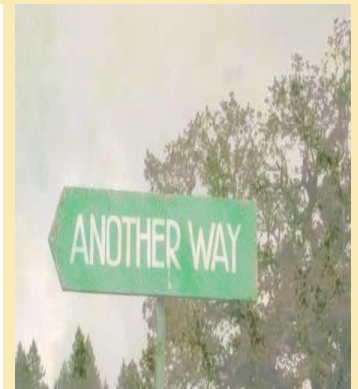
## About for Harmony

For Harmony was developed in order to create environmental and social awareness through art and literature...

An ongoing endeavor, we hope to transform people's perceptions about the world through inspiration and through connecting,

collaborating and creating. We believe there is another way of doing things, another way of living that can create change and help sustain the world.

We encourage you to be compassionate in your daily life; being kind in thought, word and action.



### Quotes To Consider:

Observing what one regards as important can reveal their true nature.

-Kung Fu Tse  
(aka Confucius)  
Chinese Sage

“Confucius promised those who followed him no great riches, no secrets for worldly power or fame. Instead of gold or glory, he spoke only of a dream. Confucius spoke and lived and dreamed of a world where happiness, good, and peace would replace misery, evil, and war. His dream was not merely of a world as it had been or might be; his was a dream of a world as it should be.” Bennett Sims

### Consider:

*How can we better use our money and our resources to serve the community, our society and the world around us?*

### A Look At: Consumerism and The Real World

How often are we so focused on our own lives that we don't see the world around us? I recently stayed at the Hyatt Regency in San Francisco for a Yoga Conference. From my window, I was able to see a 7-11, Starbucks, several banks, a Taco Bell, a sandwich shop and a Walgreens. Even the mini bar was able to fulfill our every whim and want. At night, windows in the skyscrapers still had their lights on—I'm sure making it a lovely city view but really such a waste of our resources, our energy.

One morning I walked across the street to the Ferry Building (passing a Noah's Bagels, Pete's Coffee and several other similar shops) to watch the sunrise over the bay. It was a beautiful sight, even with the ship docked at the port in the forefront—reminding me again of our need to consume in excess and from far away; rather than buying local. The sun also shown its light onto the poor homeless man who was wrapped in blankets next to the waterfront. It was 35 degrees that morning.

Two weeks later I was in the city again. This time, I saw a sign for the exclusive new Ritz Carlton condos and club that were being built—just a block away from another homeless man sleeping on the sidewalk at noon. So, we have a choice each day—a \$5 cup of coffee or a cup of coffee at home, a free sunrise and an extra \$5 to help someone out—whether it's a homeless person or your chosen philanthropy. Keep your eyes wide open to the world and you'll be amazed at all that you see, feel and experience.



Just one of the approximately 80 Starbucks in the City of San Francisco; Sunrise over Port of Oakland

### Recipe—Kale, Butternut Squash and White Bean Soup (Serves 4-6 as a main course)

**Source:** Simple Vegetarian Pleasures by Jeanne Lemlin, 1998.

Three highly nutritious foods come together in this soup, lending it vibrant color and flavor. For a fitting accompaniment, try Crostini spread with goat cheese.

#### Ingredients:

1/3 cup olive oil  
2 large onions, diced  
10 cups Vegetable Stock  
1 cup finely diced canned tomatoes, with their liquid  
2 t finely chopped fresh rosemary or 1/2 t dried

1/2 t salt  
Generous seasoning freshly ground black pepper  
1 tiny butternut squash (1 pound), peeled, seeded, and diced (2 cups diced)  
2 cups freshly cooked or canned small white beans, well rinsed if canned  
1/2 pound kale (weight with stems, ripped off its stems and leaves cut into shreds (chiffonade) (4 cups shredded leaves)  
Grated Parmesan cheese (optional)

Heat the oil in a large stockpot over medium heat. Add the onions and sauté until tender, about 10 minutes.

Stir in the stock, tomatoes, rosemary, salt and pepper and bring to a boil. Add the squash and reduce the heat to a lively simmer. Cook 30 minutes, or until the squash is tender.

Add the beans and kale and cook 15 more minutes. Serve with grated parmesan cheese, if desired.