

for Harmony Sustainable e-News

Volume 4, Issue 1

Winter 2009

FOR HARMONY...WITH EACH OTHER AND THE WORLD AROUND US

Winter—Nurturing Oneself

I chose this time of year to take a vacation—to a tropical zone where the sun, water and people are all warm and friendly.

Two new locations in Costa Rica were selected for my visit. Most of my 8 days there was spent in solitude...writing, taking photographs, finding the oneness that exists in me and allowing myself to go deeper into what I want, who I want to be and what I can let go of. I traveled into the jungle, walked along the beach as the sun rose each morning and spent some time meditating while the sun set. The jungle gave me more opportunity to find peace and harmony. Going silently in, careful not to disturb the inhabi-

tants but at the same time, be at one with them. Hearing their sounds, enjoying their presence and realizing that we are all one.

I was able to visit a coffee plantation and a medicinal herb/botanical garden—both of which brought me deeper into my own core values and beliefs. I believe it's important to know where your food comes from, how it's made and who is making it.

How can you nurture yourself during this time of year? Winter is a time for inward reflection, for breathing deeply and living in the moment. What can you let go of and release out into the world? What can you put into



Daybreak in Costa Rica; 1/09

the compost bin and reuse for some other purpose?

For a week, upon waking and before sleep, can you take a few moments to breathe deeply—beginning and ending your day with the breath?

Happy New Year!

Wishing each of you a year full of gratitude, good health and joy. May each day bring peace to you and your loved ones. May your heart be filled with love and may you find new ways of forwarding that love along to others. May each day be new for you—developing new insights about yourself and the world around you.

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New Photographs available for

purchase at [Christine Louise Gallery](#):

- Winter in the Valleys
- Windmills
- Joshua Tree
- Costa Rica 2009. 2009-1, 2009-2
- Farm Sanctuary
- After the Earthquake

A look at...

Sustainable Tourism and Travel



"Tourism in the XXIst century will be sustainable or it simply won't be - at all."

Barry Roberts,
CST Director

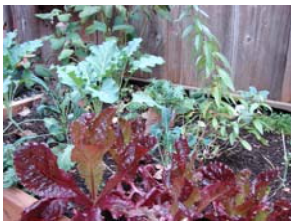
One of the things that I've noticed in my travels is that we can either have a positive impact on other countries or a very negative one. Take, for instance, the man who repeatedly used his flash on the monkeys at Manuel Antonio National Park when there was a sign posted asking visitors not to use their flash on the wildlife (and he was also told not to use it by a friend). It was as if the rules didn't apply to him.

Fortunately, there are many

people who want to reduce their impact (or footprint, if you will) during their travels and the hotel and tourism industry is listening. In Costa Rica, there is now the "[Certification for Sustainable Tourism](#)". They offer "green leaves" for hotels who are working towards sustainability. The hotels that I stayed at were both a part of their program—the first hotel is brand new and therefore working on their certification. The second was the first boutique hotel to receive 5 green leaves.

The certificate looks at four areas of impact: physical/environmental impact, hotel sustainability, educational programs for guests, and the socio-economic influence on the local community and staff.

I'll write more about this topic in future e-news but for now, consider your impact when you travel and see what ways you can find to reduce your footprint. And, feel free to share them with me and I'll post them in an upcoming issue...



Organic Gardening

So now that I have a home with a sunny backyard, I'm happy to say it's much easier to plant my own fresh fruits and veggies. What I have growing and ready to eat is lettuce and chard.

My limes and lemons are still quite small but having been transplanted into the ground after 3 years in pots, they are much happier and healthier.

My herbs are all doing well (except for the cilantro which disappeared shortly after planting—I can't imagine which animal wanted cilantro but it was just gone one day).

I have so many birds that pop down into my yard now. My cat watches from his blanketed armchair as they flutter around the yard and do their thing. I'm really not sure

what they're doing but they seem to be having fun. Someone did get a few of my broccoli but that's okay...several were planted and it's good to share.

I'm looking forward to the coming year to see how the garden grows, what it produces and the ups and downs that I'll face as I relearn how to maintain a living and producing garden.



Nut/Grain "Milk"

A friend recently told me that he saw "oat milk" in Whole Foods. I mentioned to him that he could make it on his own but he gave me a look like he didn't believe me. So, I've been attempting to make it on my own but haven't quite succeeded in finding the perfect recipe. Instead, here is one for almond milk:

Two cups of almonds (almonds must be soaked overnight in

filtered water)
6 cups filtered water

Cheesecloth

Blender

Rubberband

Large glass jar

Blend the nuts and water on high (be careful to not overheat your blender).

Place the cheesecloth over the opening of the glass jar, making a little pocket to pour the nutmilk into. Secure it with a rubberband. Slowly and carefully, pour the nutmilk into the jar.

You may need to scoop out some of the nuts with a spoon so that the liquid

can drain through quicker. Repeat until all of the mixture is in the jar. (you can reblend the ground up nuts to make more or save them for other cooking recipes like bread). Use the nutmilk for your cereal, cooking, hot cocoa...!

You can also make your own brazil nut milk, cashew milk, etc by following the same instructions (just be careful not to overheat your blender!). Almonds are the only nuts (that I've been told) that need to be soaked for 12 hours before processing. Refrigerate and drink within a few days.

for Harmony

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Pass it along! This newsletter is offered on a seasonal basis to all those who have subscribed. Please feel free to share with others. If you received this e-news from a friend and would like to subscribe, please sign up [here](#) or e-mail:

newsletter@forHarmony.net

for Harmony was founded in order to create environmental and social awareness through the creative and healing arts...

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

We want your input! If you have comments or questions about this e-news or something to share, please e-mail us. We love to hear from our readers!

Farm Sanctuary

Every year, a portion of the proceeds from the products we sell at *for Harmony* benefit organizations that we feel are doing good in the world and who we want to support. In 2008, we made donations to the Humane Society of the United States, Sanctuary Forest and Farm Sanctuary. In addition to making the donation to Farm Sanctuary, I also visited their Northern California farm. Check out the pictures [here](#) and follow along with the notes below:

The farm is located near Orland and is on 300 acres of land which was generously donated.

Cupid (a calf) was brought to the Sanctuary because he fell off a truck that was headed to the slaughterhouse. He has a heart shaped birthmark on top of his head.

You'll notice that some of the turkeys were debeaked. They were babies when they ar-

rived. They came from a Northwest flight to a California breeder - of the 11,500 on the flight, 9000 died. Farm Sanctuary was able to rescue 11 who were dying and brought them back to health.

Some of the chickens have patches of feathers missing from rubbing up against the cages (prior to coming to the sanctuary). Roosters aren't really needed on factory farms so they're usually killed and ground up into pet food.

Did you know that sheep are actually supposed to have tails - like 6-12 inches long? They're cut off because they get in the way of shearing.

And that pigs were at one time brown but we decided we liked white meat so they were genetically changed to be pink? They also need sunscreen to prevent skin cancer.

The white bunny with her legs out to the side has a neurological problem where she can't move

her back legs. But, other than that, she's healthy so the farm built her a wheelchair to get around in. No reason to put her to sleep just because her back legs don't work like everyone else's.

The small calf with his caretaker was found on the side of the road, just left to die, south of Sacramento. They named him Whitaker.

The cats are fed a vegetarian diet with the exception of the mice that they find themselves.

The geese like to have their picture taken.

The pigs like to have their bellies rubbed.

The turkeys are super soft.

Most of the animals at the shelter have learned to trust humans again.

"Until we extend our circle of compassion for all living things, humanity will not find peace"
- Albert Schweitzer