

EARTH DAY

Eat the Change You Seek in the World

I recently heard a co-op member say that 'Food is something we all vote for. We have power to choose with every dollar we spend by choosing healthy, local and fair trade foods, made by companies that care about the sustainability of the planet!' *Jocelyn Marketing Manager.*

EARTH DAY EVENTS

In Produce:

All month we're demoing 'Green Drinks'... Sound weird? You've gotta try them! They are as tasty as a fruit smoothie AND packed with lots of fresh, organic produce. Just what your body needs in Spring! See next page for details.

EARTH DAY



Live Earth Day Broadcast

Our local Co-op radio station, CJLY, will do a live broadcast of 'The EcoCentric'! Thursday, April 22nd, 12pm-2pm in our covered area.

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Raincoast Trading - tasty assortment of ethically-harvested BC salmon & tuna



Traditional Medicinals Herbal Tea basket



PLUS: the Great Green Prize Giveaway:

In addition to the great prize draw reserved just for Earth Day, we have Great Green Prize Giveaways all month long. Come to the Co-op in April and enter your name to win one of these truly incredible prizes shown on the back page of this insert.

EARTH DAY

Why Green Smoothies?

My One Year Smoothie Revolution

Exactly one year ago, the Kootenay Co-op, in partnership with Raw BC, hosted a lecture called Green Smoothie Revolution to an audience of 100 people. The two members of the Boutenko family, Victoria and Valya, dropped in on Nelson for one evening on their whirlwind tour to share their philosophy of fresh, raw green smoothies. I was fortunate enough to be there and sample the remarkable beverage they made, because what I learned from them is changing my life.

My first order of business was to obtain the Vitamix I had been dreaming about for the last 15 years. Finally I knew what to do with it, so the purchase which had hitherto been an exorbitant luxury now became a necessity. It arrived promptly and this thing of beauty took pride of place in my kitchen. For one year now, I have been making green smoothies throughout the seasons. My Vitamix arrived along with the prolific crop of dandelions. Weeding was suddenly no longer a chore when I could add the “weeds” to my smoothie along with the spinach or kale I bought from the Co-op. The bonus was a gentle spring cleanse free from the garden.

Summer arrived and I had the perfect use for my surplus garden parsley, cilantro, basil, chives and lettuce - into the Vitamix for a delicious veggie cocktail. Later the chard and kale and eventually the carrot and beet greens were added to the blends. The soft summer fruits were incredibly tasty additions and in the fall, the harvest of fresh apples, pears and plums created a divine blend of flavours.

My shopping habits changed: fresh greens and fruits in were essential ingredients in my daily diet and I bought them in abundance. And when our local growing season was up, I was grateful that the Co-op imports quality, organic produce from California when our local growing season has ground to a halt, and keeps us stocked with the essentials for good health.

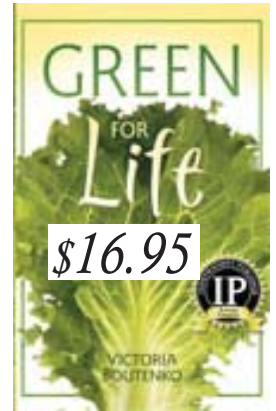
Fast forward one year and we are bringing you the Kootenay Co-op version of the Green Smoothie Revolution as it fits our theme for Earth Month. While it's certainly not the only way to Eat the Change You Seek in the World, we thought that the green smoothie revolution was a unique and perfect focus. Drop by the demo table often this month to sample a wide variety of green smoothies. Who knows, you just might find yourself joining the smoothie revolution too. To help you get started, we have gathered together all the resources you'll need: our usual and exceptional selection of fresh, organic produce; books by Victoria Boutenko to get you started and if you go the whole hog and decide to buy a Vitamix (your own blender will do, at a pinch) we have an exclusive code which entitles you to free standard shipping in Canada when you order it.

Earth Month is here: let's celebrate together and Eat the Change You Seek in the World! *Freya Shaw, Marketing Assistant*

Books to get you started

Green for Life by Victoria Boutenko

Many people know that we should eat more greens, but for the first time in history a remarkably enjoyable way of consuming the necessary amount of greens has been created by blending the greens with fruit. From this smoothie, the body can absorb the essential nutrients much more efficiently. Anyone can prepare tasty green smoothies quickly in their own kitchen, with their own choice of ingredients. With green smoothies people gain more control of their own health.



Green Smoothie Revolution The Radical Leap Toward Natural Health by Victoria Boutenko

Thanks to processed and fast foods, being overworked, and feeling stressed while eating on the fly, it is increasingly difficult

for most of us to eat anywhere near a balanced diet. We may not be obviously sick, but may suffer from lack of focus, insomnia, sluggishness, or any host of symptoms...

Combining nutrition and know-how with recipes that pack a powerhouse punch, Victoria Boutenko reintroduces long neglected fruits, vegetables, and greens in the most persuasive style for our busy lives: with fast prep and delicious results. Featuring 200 recipes, Green Smoothie Revolution offers both simplicity (4 ripe pears, 1 bunch parsley, 2 cups water; blend well) and enough variety to keep taste buds happy and nutrients coming from a wealth of options.



Green Smoothies RECIPES

Ordering a Vitamix?



USE THIS CODE
***06-005012 ***
TO GET FREE STANDARD
SHIPPING (\$25US/\$35CN)

1-800-VITAMIX
1-800-848-2649
www.vitamix.com



Going Green

1 cup green grapes
1/2 cup pineapple
2 cups fresh spinach
1/2 ripe banana, peeled
1/2 cup water
1 cup ice cubes
Yields 3 1/2 cups

Procedure

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 30-45 seconds or until desired consistency is reached. Serve immediately.

Recommended Websites

www.vitamix.com
www.rawbc.org
www.rawfamily.com

Dark Green Love

by Victoria Boutenko

1 bunch dandelion greens
1 medium cucumber
3 cups water
Yields 2 quarts

Party in your Mouth

by Sergei Boutenko

1 small pineapple, cored
1 large mango, peeled
1/2 head romaine lettuce
1/2 inch fresh ginger root
Yields 2 quarts

Soup Gazpacho

by Victoria Boutenko

3 leaves kale,
stems removed
1 bunch basil
3 large tomatoes
2 stalks celery
1 red bell pepper
1 large avocado
1 lime, juiced
1 cup water
2 cups love
Yields 2 quarts

Montel's Green Smoothie

2 bananas, peeled
3 oranges, peeled,
quartered
1 head romaine lettuce
4 cups cold water
Yields 4 servings

Parsley Passion

by Sergei Boutenko

1 bunch fresh parsley
1 cucumber, peeled
1 Fuji apple
1 ripe banana
1-2 cups water
Yields 2 quarts

EARTH MONTH PRIZES

Great Green Giveaways: Shop at your Co-op in April and enter your name to win a truly incredible prize that can truly make a difference.



\$600 value

VITAMIX Food Processor

The Vitamix is perhaps the most versatile, best quality kitchen appliance you will ever own! Make smoothies, soups, and sauces! Grind your own flour, make nut and seed butters! All with one incredible appliance. Contributed by So Delicious and the Co-op.

\$300 value

MIAMI Citizen Bike



20" 6-speed Folding Bike contributed by Nature's Path.

\$100 value

SOLIO Hybrid Solar Charger

This is the solar charger that proved you could go green in style! At the airport, on vacation, in remote locations, in an emergency situation- dependable and durable. Just unfold the blades and soak up the rays. Contributed by Seventh Generation.



\$200 value

NATURE CLEAN
Gift Basket



A huge assortment of earth-friendly cleaners ... and more!
Contributed by Nature Clean.