



# SHARAN

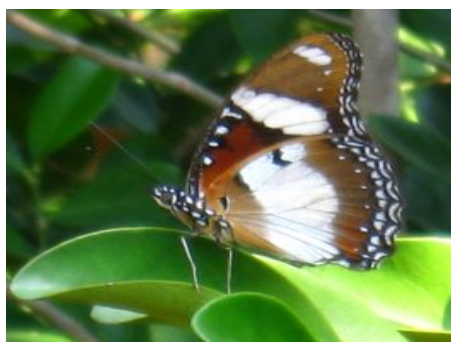
Sanctuary for Health And Reconnection to Animals and Nature



## SHARAN Newsletter - Issue #3 - March 2009

### IN THIS ISSUE:

- Special Feature: Food Production and Climate Change • What you can do • Fact or Fiction? • Recipe • News from SHARAN •



### Special Feature: Food Production and Climate Change

**Climate change is the most pressing environmental concern today.** The production of greenhouse gases through the use of fossil fuels for transportation but also for heating and manufacturing is well-known. However, **very little attention is paid to the role of food production, and in particular meat production, in climate change.**

Perhaps you'll be surprised to learn that **meat production produces more greenhouse gases than transportation or industry!** A [2006 Report by the United Nations Food and Agriculture Organization](#)

([FAO](#)) revealed that meat production contributes between **14 and 22 per cent** of the **36 billion tons of greenhouse gases** (like carbon dioxide, methane and nitrous oxide) produced in the world each year. For example, to make a half pound (227 grams) of hamburger, as much greenhouse gas is released into the atmosphere as driving a 3000 pound (1.3 ton) car for almost 10 miles (16 km). ([Source](#))

Of course the production of any food has environmental costs, but these are **particularly high in the case of foods higher on the food chain, like meat.** One study revealed that the production of one pound of beef produces **9 to 16 times more CO2** than a pound of asparagus. Meat production also causes the **loss of trees, grass and plants** in favour of grazing rounds, contributing to **environmental degradation.** Also, the **methane** which is released by the animals as part of the digestion process is also a big contributor to the greenhouse effect. For more information, read [this article](#).

### What you can do

We can try to make a difference to limit the effects of food production on climate change by making intelligent food choices:

#### ***Eat more plant-based foods.***

Go vegetarian, or better [try vegan](#). Plant foods are more energy efficient and also need less land and water resources compared to animal foods. They are better for health and the environment. **Need some recipe ideas?** Try the recipe below, or check the [recipes section](#) on the SHARAN website.

#### ***Eat food that was grown locally.***

Locally grown foods save on fuel for transport, refrigeration, and packaging and are fresher and healthier.

#### ***Buy organic whenever possible.***

Pesticides and fertilizers are energy intensive while foods grown organically are nutritionally denser, healthier and tastier.



### Fact or Fiction?

***Eating soy is harmful.***

**FICTION!**

There is a lot of debate about the pros and cons of consuming soy. It's important to read reports critically. You may not be surprised to hear that many studies slamming soy are funded by dairy boards.

The soya bean is rich in protein. Compared to animal protein, soy also contains fibre and no cholesterol or fat. It is also an excellent source of antioxidants, phytochemicals and nutrients which keep cholesterol levels down.

You are likely to come across many conflicting reports about soy including controversy because of its high concentration of phytoestrogen. It's interesting that only soy is blamed for high phytoestrogens and breast cancer although broccoli, nuts, seeds, whole grains, berries, fruit, vegetables and sprouts all contain phytoestrogens. On the average, one gets 4 times more phytoestrogens from these sources than from soy. For more information, see [this article](#).

It's important to remember that:

- Soy has been used over the centuries in East Asia without harming its consumers.
- Genetically-modified (GM) soy is likely to be as harmful as GM corn, canola, etc. and should be avoided.
- Soy is not an essential part of any diet, vegan or otherwise.
- People who consume meat and milk are indirectly consuming a lot of soy, usually GM soy, because more than 80% of soy produced is fed to animals raised for food.

### Recipe

#### CARROT GINGER SOUP

This easy and nutritious soup is the perfect start to a meal!

#### **Ingredients:**

- 1 tsp olive oil or other cooking oil
- 1 onion, chopped
- 1 1/2 lbs. (about 700g) carrots, diced
- 1 tsp. fresh ginger, grated
- 2 tsp. coriander seeds, crushed
- 4 cups vegetable stock or water
- Salt and pepper to taste



Heat the olive oil and fry the onions for about 5 minutes until transparent. Add the carrots, ginger, and crushed coriander seeds and stir on medium heat for 5 minutes. Add the stock or water and bring to a boil. Cover and cook until the carrots are tender. Puree the soup in a blender and then strain through a sieve. Reheat the soup and season with salt and pepper. Ladle into bowls, and serve hot with bread. Serves 4.

For more exciting recipe ideas, visit the [recipes page](#) on the SHARAN website!

## News from SHARAN



Dr Nandita Shah's popular **Peas vs. Pills workshops** have inspired many to take responsibility for their own health by revealing how dietary changes can make a positive difference to health and well-being. In November, Peas vs Pills went to **Hyderabad** for the first time. In November, a second workshop took place in **Mumbai** following the success of the first one held in September - and a third is scheduled for **15 March**. In **Auroville**, 6 Peas vs Pills workshops were held between December and March.

### Upcoming Peas vs Pills workshops:

**Dublin, Ireland:** 9 May 2009

**London, UK and Normandy, France:** dates to be confirmed

For more information, visit the [events page](#) on the SHARAN website. If you're interested in hosting a workshop in your area or to keep informed of upcoming workshops and events, contact [info@sharan-india.org](mailto:info@sharan-india.org)

Dr Nandita Shah regularly holds **vegan cooking demonstrations** in Auroville. She also conducted a vegan cooking class in conjunction with Saladmaster at their office in HSR Layout, Bangalore. For more information, see [this page](#). If you would like to demonstrate healthy vegan cooking and show off your favourite recipes, please get in touch with us: [info@sharan-india.org](mailto:info@sharan-india.org)



As a follow-up to the first Peas vs Pills workshops held in Mumbai in September, **a vegan potluck and discussion session called 'Give Peas a Chance'** is held regularly at the Times Tower in Mumbai. For more information, visit [news](#) or the [Mumbai Vegans blog](#).

Dr Nandita Shah is helping organize the **Farm Animal conference in Mumbai** which is being held jointly by the Humane Society International (HSI) and the Federation of Indian Animal Protection Organisations (FIAPO) on the **8th of March**. The workshop is a unique opportunity for animal advocates to learn more about issues affecting the billions of animals that are raised (and slaughtered) for food in our country. For more information, see [this page](#).



The [SHARAN website](#) has recently been upgraded and updated with [new vegan recipes](#) and a new section on [organic farming](#). Visit the website regularly to read about the [latest news](#) and [upcoming events](#).

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join our group +

Join the [SHARAN India group on Facebook](#) to find out about upcoming events, join in the discussion board and share experiences, and meet other like-minded people!



## What is SHARAN?

We are a non-profit organization with the goals of spreading holistic health awareness, and an ecologically sustainable compassionate lifestyle. We believe that all life on the planet is interconnected. By reconnecting we can heal ourselves and our earth.

Visit our website: [www.sharan-india.org](http://www.sharan-india.org)

Contact us: [info@sharan-india.org](mailto:info@sharan-india.org)

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