

life in balance

inspiring a sustainable culture

March 2013

Nature Watch In the Eye of the Whale



This beautiful and awe inspiring short movie documents the tale of one man and his obsession to capture the grace and intelligence of the earth's largest animals in their natural environment **More-**

Findalift.co.za



FindaLift is South Africa's first provider of journey-matching network solutions and services. With over 7,000 active members it's the best way to save money, reduce the traffic on our roads and help the earth. **More-**

Elabel & Ecoproducts



This 90 second concept video shows consumers just how easy it is to have the power to choose what products to support when making important purchasing decisions. **More-**

Grow Your Own Shiitake Mushrooms



It is impossible to ignore the scourge of corruption that is prevalent within so many of the government departments that have been tasked to administer funds for social development. With the impending carbon tax due in 2015 and the impending waste tyre recycling plan that will either be absorbed by tyre manufacturers (or passed on to the consumer) we have had to review -once again- the state of the plastic bag levy and ask where the money has been spent? I know that my small actions as a practising customer can cause some interesting responses at check-out tills and with the introduction of e-labelling and the use of social media perhaps we really can start movements to reject this sheep like acceptance of the things that are not working; be they environmental, social or financial. As the Easter weekend is upon us; however you choose to enjoy the time off, may it make you inspired to be the change you wish to see in the world. Enjoy the recipes, the magnificent easy to watch guide to how to grow your own mushrooms, get busy in the garden and enter the give-away for your furry friend to try out some jolly tasty treats. In the tradition of the old ways Easter was about fertility and abundance...however it plays out for you may you have a good one.

Melissa Baird

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Plastic Bags: We are losing more than we realise

"Plastic bags were a major issue in South Africa before the ban. All lightweight plastic bags were banned in 2003 and thicker plastic bags are taxed." Wikipedia paints a pretty picture of the plastic bag situation in this country. It is anything but, though, and we're losing more than we realise. **More-**



Valuing Biodiversity: Life has unlimited value



What is the real value of biodiversity on this planet we call home? Matthew Koehorst looks at why biodiversity is about a lot more than an economic figure that attaches a value to the diversity of life on earth, just as it is about more than saving a single threatened species from extinction. **More-**

Earth Hour: Change Through a United Cause

Are small steps enough to get us through the challenges ahead? Matthew Koehorst takes a look back at Earth Hour, its global achievements, and whether it can contribute to making a significant difference, despite that it is now celebrated in over 7,000 cities in more than 150 countries. **More-**



Fantastic Stuffed Mushrooms



Like so many other children, I couldn't stand mushrooms when young. Now, I always have a supply; they're delicious and versatile. The minute I saw this recipe I knew I would be making



The latest in the series of DIY videos by the ever-amazing Green Renaissance takes a look at the patient art of growing your very own Shiitake mushrooms on a log. **More-**

April Planting Guide



April's guide offers a tasty list of all the vegetable crops than can be sown in the temperate, cold, tropical and sub-tropical regions of the Southern Hemisphere. **More-**

Grain or No Grain: the science behind pet diets



Paul Jacobson of Vondi's looks at the good and the bad of carbs and grains and shares the value of what many of them bring to your pets' diets. **More-**

'Wooden' denim?



Manufacturing jeans is both water and energy intensive, but Dawn Ellams, a PhD researcher at Heriot-Watt School of Textiles and Design has the solution: jeans made using a fibre made not from cotton, but from sustainable wood. **More-**



it this weekend. It is packed with flavourful ingredients and even better, fits into my low carb, good carb lifestyle. **More-**



Quinoa & Lentil Salad with Hot Smoked Salmon



Gremolata may be the traditional accompaniment to the Milanese dish *Ossobuco*, but it works well and adds a tasty freshness to this hearty salad of quinoa (pronounced *keenwa*), lentils and SASSI approved hot smoked salmon. We love salads that work just as well as a light meal! **More-**

Vondi's Pet Nutrition Giveaway

Vondi's in collaboration with Jenny Morris make delicious, super healthy snacks and treats for your companion animals, including a biscuit range and crunchy treats for cats and puppies. Five lucky readers can win two packs each of tasty treats for their favourite furry friend. **More-**



Product Review: Sister Jenny's Multi-purpose creams



Sister Jenny's Multi-Purpose Creams act quickly to heal a variety of ailments, including burns and itchy skin. They can repair sun damage and help to ease pain and stiffness, and work particularly well in aiding healing after serious accidents. Good to know is that there's a safe and gentle cream for babies too. **More-**

February winners

Greenenergy: Lucille Parkins | Ann Fraser | Peter Lucas | Erika Heffer | Rebecca Tshehela
Mountain Falls Water: Bernice Quass | Unathi Tunzelana | Cheryl Clark | Renee Spocter
 Congrats! We will be in touch soon.

Thought for the month

To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived-this is to have succeeded. - Bessie Anderson Stanley

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