



Nourishing compassion for our bodies, the earth, and all beings.

Plant-Powered Earth Holders JUNE 2019 update

Dear Friends,

We have a few reminders, information, and inspiration for you this lovely summer month of June

1. We will now meet the FIRST WEDNESDAY OF THE MONTH at 4:00 Pacific/7:00PM Eastern time or wherever you fall in the timezones. **Next gathering is WEDNESDAY, June 5th**. You will note that we changed the day of the month for our Plant-powered Earth Holders sharing. Thank you to Thao and Sue for facilitating.
2. We have been discussing food addiction, especially related to cheese. Here is a video offered by our Doctor Sister Aurora! This is a good video about cheese and food addiction.
<https://m.youtube.com/watch?v=1hE6lhQu7k4>
3. We also learned about a new website called, Plantspace.org Here is an excellent summary of key facts about a vegan diet too <https://plantspace.org/facts/>
4. A very inspiring piece on a vegan community in Israel offered by Br. John Bell. "As a contribution, below is a link to a short video by Nas, an energetic young adult who travels the world showcasing interesting human doings. This one is on a black vegan village in Israel. I hope you enjoy it! in gratitude, John Bell Nas. On a vegan community, the Black Israelites of Jerusalem, Israel" <https://www.facebook.com/nasdaily/videos/735022803608306/>

PLANT-BASED RECIPE

Sauteed Mushrooms and Fish Tofu offered by Sister Tru Nghiem

Here is a wonderful offering from our community...mindful food and mindful cooking.

<https://youtu.be/ooEXWebDPYs> Our dear Sister Tru Nghiem shows us how to prepare Sauteed mushrooms (with lemongrass, ginger, and kaffir limes leaves) and Fish Tofu. Don't miss it! Also, beautifully translated for us by Sr. Quynh Nghiem (I'd recognize that voice anywhere). The preparation is a dharma talk all its own! Thank you Magnolia Grove Monastery for having a Vegan Cooking Retreat and sharing these delicious recipes with us!

Also, refreshing summer drinks to celebrates plants try these

Summer Agua Frescas

Healthy, pretty, perfect drinks for Mocktail parties and hot summer afternoons. One of many beautiful offerings we receive from our friends in Mexico.

Lemongrass-Blackberry Agua Fresca

Ingredients

Lemongrass Simple Syrup

- 1 stalk lemongrass
- $\frac{3}{4}$ cup agave syrup
- $\frac{3}{4}$ cup water

Aqua Fresca

- 4 cups blackberries with 2-4 cups water (fresh are best, but frozen can work)
- 8-10 cups water
- $\frac{1}{4}$ - $\frac{1}{2}$ cup lime juice
- Small pinch of salt
- Slices of lemongrass and blackberries for garnish (Optional)

Directions:

- 1. Make a lemongrass simple syrup.** Use a rolling pin or pestle to smash the lemongrass stalk. Bring the agave and water to boil in a small saucepan and add the lemongrass. Remove from heat and cool completely. Strain and discard the lemongrass.
2. Puree the blackberries with water in batches, string out the seeds and pulp with a fine mesh sieve or cheesecloth.
3. Add the simple syrup to the strained liquid and dilute with 8-10 cups of water.
4. Taste and adjust to your liking. You can add lime juice and salt as you wish.
5. Serve over ice with garnish.

Watermelon- Jalapeno Agua Fresca

Ingredients

Jalapeno Simple Syrup

- 3 jalapeno peppers, seeded, and deveined. Use gloves
- 1 cup sugar
- 1 cup agave syrup
- 2 cups water
- Pinch of salt

Aqua Fresca

- 1 medium seedless watermelon, cubed
- 1 cup jalapeno simple syrup
- 2 limes juices

5 cups water
1 lemon sliced for garnish (Optional)

Directions:

1. **Make a jalapeno simple syrup.** Combine all syrup ingredients in a medium saucepan. Bring to boil, then reduce heat to medium and cook for 20 minutes, stirring frequently. Set aside to cool.
2. Combine watermelon, jalapeno syrup, lime juice, and water in a blender and blend for 30 seconds. **Do not strain.** Pour into glasses full of ice and garnish
3. Pour into glasses full of ice and serve immediately. Or, for a more intense flavor, refrigerate for 30 minutes.

Carrot - Ginger Agua Fresca

- 6 large carrots
- 2 tsp chopped ginger
- ½ cup agave syrup
- 7 cups water
- Small pinch salt
- Small bunch mint
- 1 red pepper, seeded and sliced (garnish)

Directions

1. Combine carrots, ginger, agave, and 3 cups of water in a blender.
2. Blend for 60 seconds, then strain through cheesecloth or fine mesh.
3. Do not push mixture through strainer to reduce pulp.
4. Add the remaining 4 cups water and mix together with salt and mint.
5. Pour into glasses with ice and garnish with red pepper slices.
6. To make AMAZING, swipe citrus around the lip and dip in Tajin! Or turbindo sugar.

For all agua frescas you can reduce watering down from the ice by freezing some of the drink as ice cubes.