



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

## Plant-Powered Earth Holders SEPTEMBER 2019 update

Dear Friends,

We've missed a few months, but we're happy to be back. Here are some updates for you and a new hot or cold recipe for you.

### 1. Our Teacher featured in the DrawDown

Read the last statement in the summary!!! Also like that the Blue Cliff letter is cited in the citations!

<https://www.drawdown.org/solutions/food/plant-rich-diet>

### 2. Ease your ecoanxiety—eat beans, not beef

An article published in The Atlantic shared the benefits of making just one change, eat beans, not beef. If everyone made the switch,

*Recently Harwatt and a team of scientists from Oregon State University, Bard College, and Loma Linda University calculated just what would happen if every American made one dietary change: substituting beans for beef. They found that if everyone were willing and able to do that—hypothetically—the U.S. could still come close to meeting its 2020 greenhouse-gas emission goals, pledged by President Barack Obama in 2009.*

*That is, even if nothing about our energy infrastructure or transportation system changed—and even if people kept eating chicken and pork and eggs and cheese—this one dietary change could achieve somewhere between 46 and 74 percent of the reductions needed to meet the target. <https://www.theatlantic.com/health/archive/2017/08/if-everyone-ate-beans-instead-of-beef/535536/>*

And think of the benefits of doing even more

### 3. Enjoy our new feature Reflection on 'Why I am a Vegetarian'

Dr. Michael McCoy, DVM shared his reflection on why he eats vegetarian (vegan). [You can read it here.](#) The PPEH team really liked this idea and will be offering their own (and we hope yours as well) reflections on why we eat/live like we do. Just ask yourself 4-5 questions and share the responses. We think many people would find it nourishing. For example, you could ask:

- When did you start thinking about how you eat and that you might want to change?
- What have/are your challenges to eating this way?
- How do you feel eating a more plant-based diet?
- What other changes have you made to lighten your footprint on Mother Earth?

## Fall Recipe

### Sue's favorite Plant-based Cold Chinese Noodles with Sesame Sauce

**16 servings**      **4 servings**

(1 lb)	¼ pound whole wheat noodles, buckwheat noodles, rice noodles or whatever plant-based noodles you have on hand.
(1/2 cup)	2 Tbsp soy sauce
(½ cup)	2 Tbsp peanut butter or Tahini
(½ tsp)	1/8 tsp Chinese hot oil
(4 tsp)	1 tsp sesame oil
(1/4 cup)	1 Tbsp rice vinegar
(2 tsp)	1/2 tsp minced garlic
(4 tsp)	1 tsp chopped scallions (or more)
(1/4 cup)	1Tbsp vegetable oil

1. Cook noodles according to package directions and place in ice water to cool.
2. Drain thoroughly. Combine all remaining ingredients (in a mixer, cuisinart, blender or by hand. I use my cuisinart since it is thick) and pour over drained noodles.
3. Toss and serve immediately or refrigerate until ready to use.
  - *You can also use rice instead of noodles and serve it on a crinkled chopped Chinese cabbage or a bed of bok choy (or serve just by itself).*
  - Garnish with toasted sesame seeds, sliced scallions, sliced cucumbers and carrot curls.
4. Enjoy! You can adjust these ingredients as you like for taste. You can serve hot or cold or room temperature.

\*To make extra (so you can keep in fridge for dip with raw veggies, for another dinner, more guests, etc) see larger amounts to left in parentheses. I like to make a big batch for potlucks.

4 servings