

# contents

- 1 foreword
- 4 introduction
- 10 my journey
- 15 the conscious cook icons

## recipes

### 1. party

- 20 dukka
- 22 fried turkish bread with guacamole
- 24 pesto
- 27 orange olive salad
- 28 broad beans with fetta
- 31 tabouli
- 32 samosas
- 34 paneer
- 35 tasty tofu party fingers

### 2. soups

- 39 spicy seasonal tomato soup
- 40 lentil soup
- 41 chunky turkey soup
- 42 split pea (and ham) soup
- 45 spiced tofu and laksa
- 47 minestrone

### 3. mains

- 50 aromatic pilaf
- 52 moroccan tagine
- 55 mushrooms and noodles
- 56 tofu with sesame
- 59 tasty chicken pan-grilled
- 60 nut loaf and tomato sauce
- 63 chilli con carne

65	potato and onion tortilla
66	oven-roasted garlic with chicken
69	lentil, potato and silverbeet curry
71	the chicken and the egg
72	fresh vegetable sauté
74	gado-gado
75	ratatouille
77	barbecued trevally
78	spiced barramundi with silverbeet
81	crab quiche
82	kangaroo cassoulet
85	spinach and ricotta gnocchi
86	spicy minced chicken salad
89	kangaroo curry with roti
91	polenta pizza

#### 4. desserts

94	stewed fruit and sponge pudding
97	casseroled pears
98	lemon tart
102	baked apple dumplings
102	lemon sago
103	vanilla semolina
105	cinnamon quince
106	crumbles
108	muffins
110	scones
113	caramelised apples
114	quick bickies
116	baked seasonal fruits
118	tooty fruity cake

## part one: HOW WHAT YOU EAT AFFECTS YOU

### chapter one – wellbeing

121	Diet versus nutrition
123	Current and future health issues

131	Menu planning skill development
133	Retailers marketing strategies

## chapter two – food negatives

137	Introduction
138	The precautionary principle
138	Food additives
138	Additives to avoid
141	Food irradiation
141	Pesticides in food
142	Genetically modified food
146	Organotins
146	Teflon

## chapter three – changing the status quo

148	Meat and human health – the body burden
-----	---

## chapter four – food positives

150	Organic foods
153	Organic shopping
154	Soybeans
155	Biodynamic foods
156	Biodynamics and wholefoods
156	Salt

## part two:

# HOW WHAT YOU EAT AFFECTS THE WORLD

## chapter one – communicating sustainability through food

159	Our values shape our choices
160	Where are we now?
164	Antropocentrism
166	Greenhouse urgency
170	Peak oil + food versus fuel
171	Water

## chapter two – changing the status quo

173	Feeding the world
177	Meat and the land
178	Meat and greenhouse gas emissions
179	Meat and water
181	More ‘sustainable’ meat
184	Meat and animal rights and factory farming
185	Eggs
187	Fish
190	Fair trade

## chapter three – locality and community

196	Food miles
197	Local and in season
199	Hundred Mile Diet
199	Australian grown rice

## chapter four – globality, the world community

203	Distance versus poverty
205	Food waste
208	Animal production waste
209	Preserve diversity
210	Genetic engineering
213	Canola oil

## part three: WHAT YOU CAN DO ABOUT IT

### easy things that will help you and the whole biosphere!

214	Sustainability is about the way we live
216	Befriend the living Earth
219	Energy and Cooking
220	Local food
222	Sustainable Living Directory

236	Involvement
236	The Sustainable Living Foundation
237	Other organisations worthy of your support
239	Cleaning up
241	A final note about cleaning up sustainably
247	Earth Charter
250	World Future Council
251	The Cultural Creatives
251	Wellbeing Manifesto
254	<b>conclusion</b>
260	<b>further reading</b>
266	<b>organisations and links</b>
269	<b>invitation for feedback</b>
270	<b>acknowledgements</b>
275	<b>references</b>
281	<b>index</b>
284	<b>glossary</b>
287	<b>acronyms</b>