

# WHAT'S NEW ON EVERYTHING EARTH

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June 2022



Beat Inflation with Plant Diet

Joy & Tragedy of Kitten Season

June Flowers: *Tutti i colori...*

Video: *Beautiful Animals*

*No-Cow-A-Bunga Burrito Pie!*

## FOOD CHOICES DRIVE INFLATION, CLIMATE CHANGE

Food inflation is ravaging household budgets. For the year ended May 2022, the Consumer Price Index increased 8.6%. Over that same period, food prices increased 10.8%, the largest 12-month increase in 41 years.

But not all food inflation is created equal. On average, fats, meats, fish, poultry and eggs rose by 15% year-over-year while fruits and vegetables rose 6% and even saw modest price declines last month.

At the same time, producing the foods with the worst climate impact per gram of protein is savaging the environment. An analysis by the independent research group Intergovernmental Panel on Climate Change report indicates that the climate impact from a meat-based diet is 10 to 50 times larger than a plant-based diet.

For instance, producing 2.2 pounds beef creates 155 pounds of greenhouse gases, 28 times more than the same amount of wheat. It also consumes an astonishing 4,500 gallons of water.

Beyond Burger, a plant-based alternative to meat, is considered functionally and nutritionally similar to beef. A University of Michigan research study found that: "...the current Beyond Burger production system... generates 90% less greenhouse gas emissions, requires 46% less energy, has >99% less impact on water scarcity and 93% less impact on land use than a ¼ pound of U.S. beef."

All this leaves me wondering why American consumers are enduring the financial pain of squirming to maintain an animal-products diet in our extreme food- inflationary time.

Further, one-third of the food intended for human consumption – around 1.3 billion tons - enough to feed 3 billion people is wasted. According to Earth.org: "If it was a country, food waste would be the third highest emitter of greenhouse gases, behind China and the US."



Cattle kick up dust on a dry high-desert allotment. Courtesy REUTERS/ Jose Luis



Food inflation and environmental damage are intricately related and surprisingly easily addressed. Meat and dairy production accounts for 15% of greenhouse gas emissions. If the world is to meet its target of limiting global warming to less than 2 degrees Celsius, a diet shift away from animal products will be crucial according to scientists.

Besides the dramatic health benefits of a plant-based diet, the financial implications are real: households on average save 31% (vegetarian) to 34% (vegan) on grocery bills. Even flexitarian diets save 14%. It's so simple. Save money, save the planet, save your life. Bacon is not an essential food group.

## SPECIAL SECTION: KITTEN SEASON

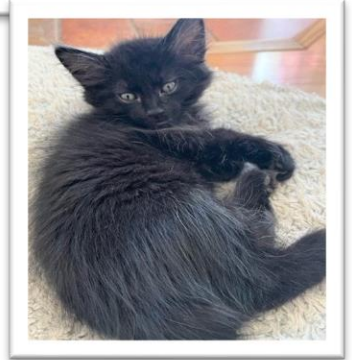
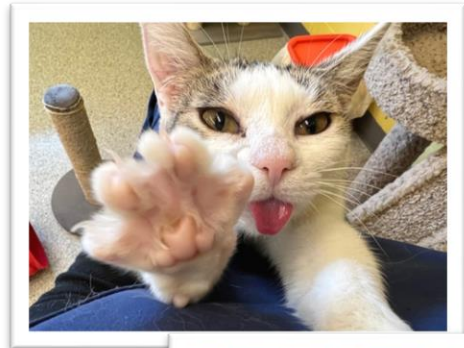


Every summer, I both dread and delight in kitten season. At the shelter where I volunteer, kittens of every size, color and personality arrive; and every one of them makes me laugh.

The other side of that coin are the kittens not lucky enough to be taken to and accepted by a shelter. Cats and kittens trying to survive outdoors are vulnerable to starvation, predation, freezing temperatures and untold suffering.

Please adopt from your local shelter. Every year, over 900,000 companion animals are euthanized in shelters. And please spay/neuter your pets and

consider doing the same for your neighborhood strays and ferals. Most communities have [organizations who will help with TNR](#) (Trap, Neuter, Release). See "3 Minutes to Change the World" below for organizations who can help.



## JUNE VIDEO: BEAUTIFUL ANIMALS DOING BEAUTIFUL THINGS

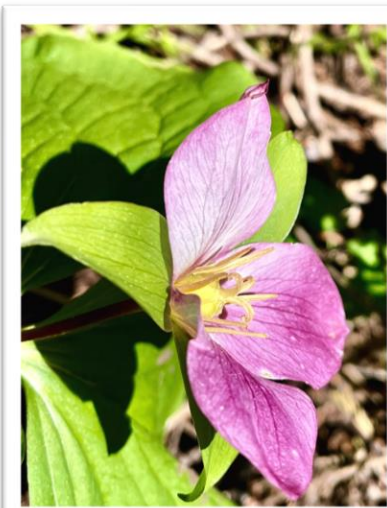


Have you ever watched a child spot her first bird flying or his first duck swimming? Squeals of surprise and delight are inevitable. How do we lose that sense of awe as adults?

The miracle of flight (every part of a bird is pure genius - designed for maximum power and minimum weight) is no less astounding even after we've witnessed it over and over.

This special 2 ½ minute [video](#) features short clips of everyday animals doing the amazing things they do every day. (Pictured left: endangered Wood Stork)

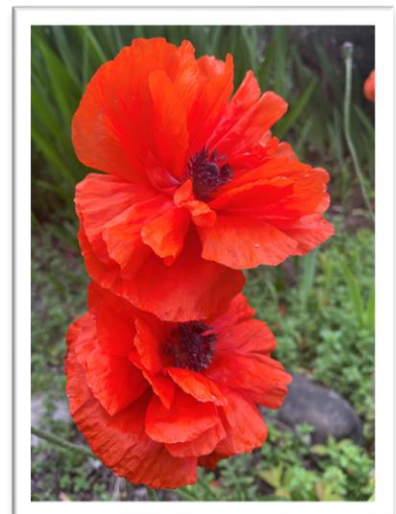
## JUNE FLOWERS: TUTTI I COLORI DEL MONDO!



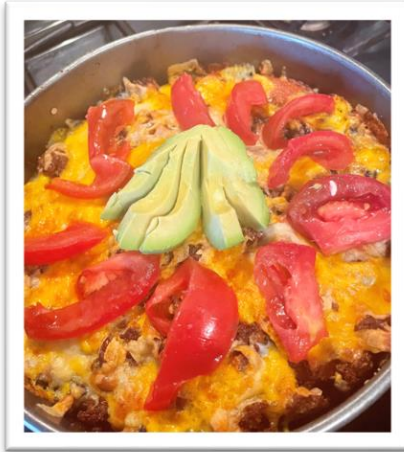
June is such a show-off. She graces us with "*tutti i colori del mondo*", as my Italian grandmother would say.

Check this month's blog for "all the colors of the world" in [Shades of June](#), a special treat featuring summer's showiest rhododendrons.

Giant Trillium (*Lily family, pictured left*) are native to the west coast from Northern California to Washington. They are born white and turn beautiful shades of lavender and purple as they mature.



## JUNE RECIPE: NO-COW-A-BUNGA BURRITO PIE



Beyond Beef and Impossible Burger have become my new best kitchen secrets. I've long struggled with "veggie burgers" sometimes tasty, often cardboard-like, but never much like beef. Enter Beyond Beef, functionally and nutritionally similar to beef according to the study cited above. What they don't mention (it IS a dry factual scientific study) is that Beyond Beef tastes amazing!

Check out my very own recipe for [No-Cow-a-Bunga Burrito Pie](#). Kids love it, vegans love it and even uncompromising carnivores reluctantly admit to loving it. Plus, it's nutritious, simple and fast to make and the leftovers – if you can salvage any – freeze and reheat like a breeze.

## 3 MINUTES TO CHANGE THE WORLD

There are many non-profit organizations, often staffed and operated solely by dedicated volunteers, who work to care for neighborhood cats – those abandoned by owner, lost, stray, feral or born outside without a home. The US Humane Society estimates that there are 30-40 million community cats in the United States and the most significant source of cat [overpopulation](#) in this country.

The [ASPCA](#), the [US Humane Society](#) and [Neighborhood Cats](#) are among the many respected organizations who promote a system of Trap/Neuter/Release for these cats.

If these cats are removed or killed, their territory is simply and quickly colonized by more cats. Neutering these cats and then releasing them back to their adopted space, followed up with outdoor feeding and shelter, is the best way to stop the endless cycle of breeding and mortality.

If you see a group of stray cats in your neighborhood, they are likely to soon form a "colony" that grows exponentially every kitten season. Please take a moment to reach out to one of the many organizations who can help. You'll save so much suffering. One un-spayed female and her offspring can [produce 4,948 offspring](#) in her difficult and tragically short 7-year lifespan on the streets.



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