

WHAT'S NEW ON EVERYTHING EARTH

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Skip the Heart Attack, Save the Planet

Photo Contest Winners

Video: "The Bald Bird Strut"

3 Minutes to Change the World

THE TRIPLE BONUS OF REDUCING METHANE

Carbon dioxide gets all the attention when it comes to climate change. But while CO₂ is roughly 8 times more prevalent in our atmosphere, methane gas is [100 times more powerful](#) as a greenhouse gas. Methane has accounted for roughly 30% of global warming and is proliferating fast as global demand for pork and beef accelerates.

Shifting away from fossil fuels to reduce CO₂ is required if we are to meet goals. It is achievable but it will require revamping the massive entrenched fossil fuel industry that literally makes our world go round.

Reducing methane is a more immediately attainable goal since the primary source is livestock. A huge chunk of methane can be removed from the equation by simply eliminating livestock production.

Is it such a radical idea? Changing our diet—with the bonus of reducing heart attacks, obesity and premature death—in order to prevent the collapse of our planet? As omnivores who can use fire, humans' dietary choices are mind-boggling. *Why eat cows, pigs and*

lambs which generate the [highest emissions](#) and lowest nutrient value among all our many options?

Switching to other sources of protein also addresses the looming problem of water shortages. It takes [1,847 gallons](#) of water to produce just one pound of beef versus 478 for chicken and only 38 gallons for a pound of potatoes. In the United States, meat consumption alone accounts for a [whopping 30%](#) of our water footprint. Plus, the impact of reducing methane would be seen in about a decade—the amount of time it takes to break down. Carbon dioxide, conversely, remains in the atmosphere for hundreds to thousands of years.

One more important reason to switch away from the earth-and-health harmful foods is to end the horrendous cruelty of factory farms. [Pigs](#), in particular, are subjected the most horrible forms of mutilation, crowding and abuse during their miserable lifetimes in dark [filthy factories](#) in which they will not once see the light of day.



Determined by animal behaviorists to be smarter than dogs, pigs are friendly, loyal, intelligent, fastidiously clean and wag their tails when happy. Protein is no excuse. Broccoli, spinach, fish, chicken, low-fat dairy, eggs and some nuts have more protein than pork according to [WebMD](#). Bacon is among the lowest-protein and poorest-nutrient foods produced. See "[You're Not Gonna Eat That, Are You?!](#)"

RECIPE OF THE MONTH: GRILLED TERIYAKI SALMON



People who dislike fish, love this dish. Salmon is packed with high-quality protein and the heart-cleansing Omega-3 oils and is low-fat and carb-free. Great bonus!

But make this [Grilled Teriyaki Salmon](#) recipe because it's delicious. It is a guaranteed hit with company and will become a family favorite. As with all *Everything Earth* recipes it is quick, easy and nutritious.



DECEMBER PHOTO CONTEST WINNERS

“BLUSHING BEAUTY” & “BLACK SHEEP”

Readers, we need some help with “Blushing Beauty” by Serena. Who can identify this intensely fuchsia beauty? Photo was taken in south Florida. More amazing [December flowers here!](#)

“Black Sheep” by Lisa is a juvenile White Ibis on his way to becoming white like his flock when he’s done molting at about 6 months.

Meanwhile, this young upstart is losing no time in engaging in male displays of ritualized preening, leaning over and grasping twigs in his bill and pointing his impressively long handsome beak skyward.



VIDEO OF THE MONTH: *BALD BIRD STRUT*



Can you name a naturally bald bird? Nope, it’s not an eagle. Bald Eagles actually have abundant feathers on their head. They get their *bald* misnomer from an old English word “piebald” which means “white-headed” rather than hairless.

Check out this truly [bald babe!](#) He’s showing off, exhibiting male courting behavior: the strut, the stick. It’s all meant to entice the gals. (Hmm... they looked the other way.)

TAKE 3 MINUTES TO CHANGE THE WORLD

The Whole Foods grocery chain has done unconscionable harm to the concept of “humane farming” by promoting its “humanely raised pork” from their supplier, [Sweet Stem Farm](#), LLC. Sweet Farm is a “Step 2” farm meaning it is required to meet higher animal welfare standards such as providing access to the outdoors.

Despite that fact that Sweet Stem keeps the animals jammed into dark concrete sheds with only 5’ of space each; no cooling during hot weather and certainly no “enrichment” such as toys to reduce their fear, stress and boredom, Whole Foods continues to promote it’s “Happy Meat”. *

Please click here to [sign the petition](#) asking Whole Foods to either insist their “humane” meat suppliers comply with more humane standards or stop the “Humane Meat” promotion.

**There is no such thing as “Happy Meat”*

UP NEXT: WELCOME 2022! FUN EARTH-FRIENDLY RESOLUTIONS YOU’LL ACTUALLY KEEP

Stay tuned for January 2022 “What’s New on Everything Earth.” Meanwhile check our website [EverythingEarth.net](#) for weekly blog posts and updates.

Please feel free to [contact us](#) with any questions or to sign up to receive this newsletter monthly.