

THE VEGGIE TABLE

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October is Vegetarian Awareness Month

www.worldvegetarianday.org

Why are you a vegetarian? What are the benefits? Where are you getting your protein from?

These are a few questions that local veg*ns might be asked by friends, family members and acquaintances.

October is the best time to share with those in your world why you choose to lead a veg*n lifestyle.

In case you need a few talking points here you go:

- health benefits
- lower BMI and cholesterol levels
- longer average life expectancy
- religious/ethical reasons

For more information or pamphlets, email Nicole at vsbdal@yahoo.com

[Email the Editor with any of your Vegetarian Awareness Month experiences]



Just Veggin' thoughts from the Editor...

Fall always brings with it a sense of newness and freshness as we experience the change in leaves and cooler temperatures. We've bid summer goodbye and are set to embrace a new season. October on the veg*n calendar the world over is the time of the year when we get to formally celebrate and educate our communities on the benefits of adopting a veg*n lifestyle.

Keep your eyes out for articles and features on the veg*n lifestyle as we continue in our mission to inform and enlighten

our local community on the many benefits of a meat-free diet.

In this issue we have our regular features and the Veggie Table chats with Omari Dill on the success of Camp Utopia.

From the Veggie Table team to our valued readers we wish you a Happy Vegetarian Awareness Month!

Be fresh. Be healthy. Be veg*n.
Happy Reading!

Kimberley



PREPARING YOUR FALL CLEANSE WITH FOCUSED BREATHING

by Dr. Isaac Eliaz

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As the summer season winds down and fall approaches, I want to encourage everyone who is considering embarking on a fall cleanse to begin to prepare for this enlivening journey by thinking about what you are ready to release from your body, mind and spirit. It might be a few extra pounds, a buildup of toxins or emotions that are causing you to feel stuck, or a lack of mental or physical energy. Whatever it is you want to be free of in order to enhance your overall health and vitality can potentially be released by completing a seasonal cleanse.

Much like trees shedding their leaves for winter, the fall season is a time to lighten our body burden and prepare for the energy efficiency needed during cold winter months. In Traditional Chinese Medicine, the fall relates to the lungs and large intestine, both major organs of release. During the fall season, energies are descending, as leaves fall, days grow shorter and temperatures begin to drop. The fall cleanse therefore provides an opportunity to delve deeper into your being to clear old toxic build up and past stored emotions that no longer serve us.

A well planned and focused seasonal cleanse, whether it be for 3 days, 10 days, or longer, can have the power to promote balance and harmony within the many layers of your being: physical, mental, emotional, and spiritual. Because all of these

layers are interconnected, clearing toxins from your physical body can also help to ease toxic emotions and other afflictive states. Diet and mental/emotional well being are strongly linked, which is why individuals undergoing a cleanse often report feelings of euphoria and clarity during and after the process.

A cleanse allows your body the chance to slow down and digest old deposits of waste that build up in all of us as a result of normal metabolic processes, as well as from exposure to toxins and stress. As we peel away these hidden layers, "information" in the form of negative mental/emotional states, habitual stresses, and past traumas, that have been stored in our cellular memory, can be digested and released during the cleansing process.

A large part of this release is enhanced through focused breathing. This is particularly relevant during a fall cleanse, because as I mentioned, the fall season relates to the lungs, and to the large intestine. In TCM, the lungs correspond to emotions of sadness, and this correlation provides an energetic explanation as to the process of releasing old, toxic emotions when we exhale. When we inhale, we are taking in new information from the universe, and it is used to replenish and re-energize our cells. When we exhale, we are releasing our old information to the universe, as the carbon dioxide and other byproducts released by the cells and tissues travel to the lungs

where they are released outside of the body.

During a seasonal cleanse, this release can be greatly enhanced with the addition of conscious breathing. This is a profound process that has the potential to bring to the surface deep insights, emotions, and our innate healing energies, as physical obstructions in the form of built up toxins, mucus, fatty deposits, and more, are slowly peeled away. When we exhale, we can visualize our toxins and toxic emotions as a part of our out-breath, released in preparation for receiving vital, fresh information and healing energy from the universe.

Simply through slowing down and bringing awareness to our breath and to this vital exchange of energy, we can significantly enhance our cleansing and healing processes to bring about greater vitality and lightness of being.

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[www.healthiertalk.com/
preparing-your-fall-cleanse-
focused-breathing-2488](http://www.healthiertalk.com/preparing-your-fall-cleanse-focused-breathing-2488)



MARK YOUR CALENDAR

Oct 1: World Vegetarian Day!

Oct 6: Forks over Knives screening at Chewstick at 6:30PM

Oct 16: Raw Vegan Potluck at 12 Rockywold Drive Sandys at 2:30pm RSVP 234-2861 or 335-2981

LOCAL TREATS

Crystal Forest
40 Middle Road
Southampton
234-1931

Divine Desserts
Homemade Vegan Goodies
divinedesserts@logic.bm
537-3434

Rock On Health Store
67 Front Street Hamilton
HM 11 295-3468

ONLINE TREATS

www.herbivoreclothing.com

www.vegangoods.com

www.hartleybermuda.com



Local bay grapes are in season here in Bermuda

VEGGIE BOOKSHELF

Be sure to get your copy from a local bookstore...or go green and download them to your kindle or ipad...

- > Basic Herbs for Health & Healing - Rashan A. Hakim
- > Seasonal Living: A Guide to Living in Harmony with Nature & the Seasons - Antonia Beattie
- > Benji Bean Sprout Doesn't Eat Meat - Sarah Rudy (children's book)
- > The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet - Vesanto Melina
- > Growing Green - Jahmali Bridgewater (local teen author)



FAMOUS VEG * N

William Jefferson Clinton

42nd President of the United States of America

Former Governor of Arkansas



Became vegan for health reasons

(source: people.com)

The VEGGIE TABLE chats with OMARI DILL about CAMP UTOPIA



(PHOTO BY: ROBYN BARDGETT
ROYALGAZETTE.COM)

Camp Utopia is a one of a kind summer day camp focused on creating awareness of the importance of agriculture for human survival. Because Bermuda is a developed country standing on the receiving end of the chain of production, our society has grown far withdrawn from agriculture and the ignorance shows in our lack of respect for farming, nature and each other in a society that is seemingly spiraling chaotically out of control. Camp Utopia was created to give some order to this societal chaos by teaching children the importance of nature and agriculture, while fostering values through the lessons taught at camp. The camp teaches a diverse range of small-scaled integrated, energy-efficient farming techniques applicable to Bermuda's urban structure and high social profile.

Here the students are taught the importance of agriculture for a country and the impact that Bermuda's consumerist culture has on the world. The children learn the true meaning of sustainability and are challenged to make the necessary steps to making Bermuda a truly sustainable country. But most importantly, Camp Utopia bridges the gap between our increasingly distant society uniting children from public and private schools in an environment that encourages teamwork and the necessity of

community interdependence to achieve a mutual goal.

VT: Mr. Dill, what is your background in agriculture?

OD: I started farming at about the age of 4 with my great-grandfather who comes from a long history of Portuguese and West Indian farmers. This didn't last too long though as he died when I was still very young and there were no active farmers in my family at that time to continue our traditions. So I didn't get back into farming until I was 17 when an unsuccessful attempt at studying Business in university landed me back on the Island with a close uncle, Danny Rogers. He is an extremely proactive and inspired gardener who re-ignited the spark in me for farming and whose teachings eventually led me to Earth University in Costa Rica where I studied and graduated with a licentiate in Agriculture Engineering after 4 years. Agriculture had always had my interest but it wasn't until I lived in Costa Rica that it showed its relevance and purpose to me in my life.

VT: How did you come up with the name, Camp Utopia?

OD: I started my own business and called it UTOPIA - Sustainable Agriculture & Edible Landscape Consultants. After a few failed attempts at making a substantial positive impact on the island first through government and then in a private company, I realized that the only way that I was going to effectively create awareness and stimulate positive change through agriculture in Bermuda was to branch out on my own and communicate my ideals verbally and through practice on a grassroots level. This way I could work with whomever resonates with these ideals instead of having to adjust my beliefs to help execute the sometimes self-serving ideals of others. I envisioned a structure that had no ulterior motive from any of the decision making parties, one that

was free of corruption and which viewed money only as a tool for the collective sustainable development of a society. The structure that I am creating has no boundaries in sharing knowledge and services that will help a community to evolve and through our actions be a living example of unity in the community. The most effective way to do this is through educating the children. I sometimes feel as if we are trying to stimulate the transformation of Bermuda into a modern-day utopia and it seems that no other word describes all of these ideals better. Camp Utopia is just another avenue that UTOPIA uses to stimulate sustainable change in Bermuda.

VT: Why did you decide to hold an agricultural camp for children?

OD: For the last 3 years I have been helping to run an Agriculture Camp with the Bermuda Agriculture Group (BAG) up at Tudor Farm behind Traditions Restaurant in Southampton. Agriculture Camp is a great avenue to begin introducing agricultural concepts to students as it is not being delivered in the usual rigid school environment that is not necessarily the best learning environment for all children. In this space we are able to present agricultural topics and teachings with fun activities on a working farm which makes the connection instantaneous and the impact long lasting. The concept of Agriculture Camp is not at all new as the BAG have been holding the camp for the last 15 years. This year, however, they were unable to facilitate the camp due to some structural changes. Since I've worked so closely with the camp I felt it necessary to continue the momentum and carry on the interest that the camp has fostered over the years.

Interview continues on the next page

OMARI DILL cont'd....

VT: Where was your camp located this summer?

OD: At Gerry Wilmot's Dairy Goat Farm on Cedar Hill in Warwick.

VT: How many children were enrolled and what was the age group?

OD: This year we had 26 children enrolled from all over the island and even a few visiting from overseas. The standard age range that we target is between 7 and 14 but this year we got a few farming 5 year olds that we couldn't turn away.

VT: How many counselors did you have? Did you offer opportunities for volunteers?

OD: We had 3 senior counselors and 5 junior counselors. Two of the junior counselors were paid help while the other 3 (due to age restrictions) received community service hours.

VT: Start-up costs for camps are costly. So, how was the camp funded?

OD: Luckily we received a donation from HSBC which helped with all of the start-up costs. They are always willing to help out community child-oriented programs.

VT: Have you worked on any special projects around Bermuda?

OD: I believe that all projects involving agriculture or just nature for that matter are special. It gives us that necessary connection back to our essence that we often overlook, blinded by an unnecessary rat race that we endure here on the island. Any garden that I have ever assisted with, whether it be acres of land or just a patio, always seems to be a special project for the owner. Other than the shorelines and the caves, I don't know of any other environments that have the same lasting impact on an individual

VT: Give us a brief description of a typical day at Camp Utopia.

OD: A typical day at Camp Utopia began with the farm chores which consisted of cleaning the goat, rabbit

and pig pens while feeding and giving water to these same animals. The waste from the animals was then mixed into the composting piles. All of the gardens and greenhouse plant stock were watered before we went for recess. After recess we had the discussion related to the project of the day which varied from day to day. Sometimes we talked about alternative energies before we built modeled anaerobic biodigesters or solar ovens, or the importance of added value being given to produce before we make cheese or yogurt, or the three Rs concept before recycling milk cartons to make waterproof wallets or recycling paper to make new sheets of paper. We also invited the students to suggest activities as pretty much anything in existence can be related back to some form of agricultural activity.

After the projects and discussions were complete we had the children journal the information and then break for lunch. After an hour and a half of rest when the sun was at its peak we dedicated the afternoons to fun. We played cricket, football, teamwork games, trivia and scavenger hunts. And if the heat was just too unbearable, then we all went swimming. Every Friday was dedicated to the beach and barbequing. We pretty much spent the day on the shoreline while enjoying the activities that the ocean has to offer.

At least two days out of the week were dedicated to educational tours where the children could experience farm related activities around the island along with nature walks to familiarize the children with certain aspects of Bermuda that are not common to our youth such as the history of forts and caves, the importance of forests and natural habitats in Bermuda and identification of useful vegetation in Bermuda.

VT: What were some of your challenges with running the camp?

OD: The main challenge I believe is the economic climate that we have to operate in. Because the cost of anything in Bermuda is so high and the average Bermudian asset

holdings are relatively low in comparison it is difficult to offer all of the things necessary to get the absolute most out of every session. As previously stated, we received a donation from HSBC. Without it the camp would not have been possible. And you can't expect for a single parent of four to pick up the slack in camp fees to cover the operational costs. It was difficult trying to find a balance in providing affordable camp fees that would cover the activities and pay all of our overhead. And if we started charging the normal \$250 per child we would be weeding out the population who perhaps are most in need of this education and experience. If the least productive economic entity can provide for themselves then it instills a higher sense of self-esteem and self-worth while taking a huge burden off of government and ultimately our society. This transforms entities previously defined as a burden into productive individuals of a society.

VT: Where do you see Camp Utopia going from here?

OD: I see Camp Utopia being an ongoing activity that can in the future transform into a necessary agricultural research institution training interested locals in the development and implementation of sustainable agriculture technologies to assist in Bermuda's food security endeavors, social integration and development. I would like to see an Agriculture Interactive Education Facility being established, being the ecological terrestrial equivalent of the Bermuda Aquarium and Zoological Society. I do encourage, however, the development of similar and more frequent camps throughout the entire island to be able to reach more interested parties of the island. Unfortunately due to the locations of the previous camps, we have only been able to cater to the western end of the island but these activities and knowledge need to reach the majority of the community to effect the change that is needed.

Please stay posted for the 2011 Christmas Agriculture Camp to be offered the week of December 19th, 2011 at the Botanical Gardens by the Bermuda Agriculture Group.

Chickpea Curry with Potatoes

Ingredients

- 1 cup vegetable oil
- 2 onions, minced
- 1/2 cup garlic & ginger paste
- 3 tbsp turmeric, cumin, coriander, paprika each or Masala
- 3 tsp salt and freshly ground black pepper or garam masala
- 1 whole tin #10 chickpeas, drained & washed
- handful chopped fresh coriander
- 3 tbsp vegetable stock
- 1/2 cup tomato paste

Directions

1. Heat oil in a large frying pan over medium heat, and fry onions until browner. Stir in garlic & ginger paste. Cook for 1 minute over medium heat, stirring constantly until ginger aroma is released.
2. Add the masala mixture cook for a few minutes add a cup of water as the mixture thickens. Add chopped potatoes and cook until tender.
3. Add vegetable stock and tomato paste and cook for another few minutes.

[Courtesy of Juice n Beans 61 Front Street Hamilton]



For more information on the
Vegetarian Society of Bermuda
email: vsbda1@yahoo.com

Want to write an article or contribute to the
next edition?
email Kimberley at kdcaines@gmail.com



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