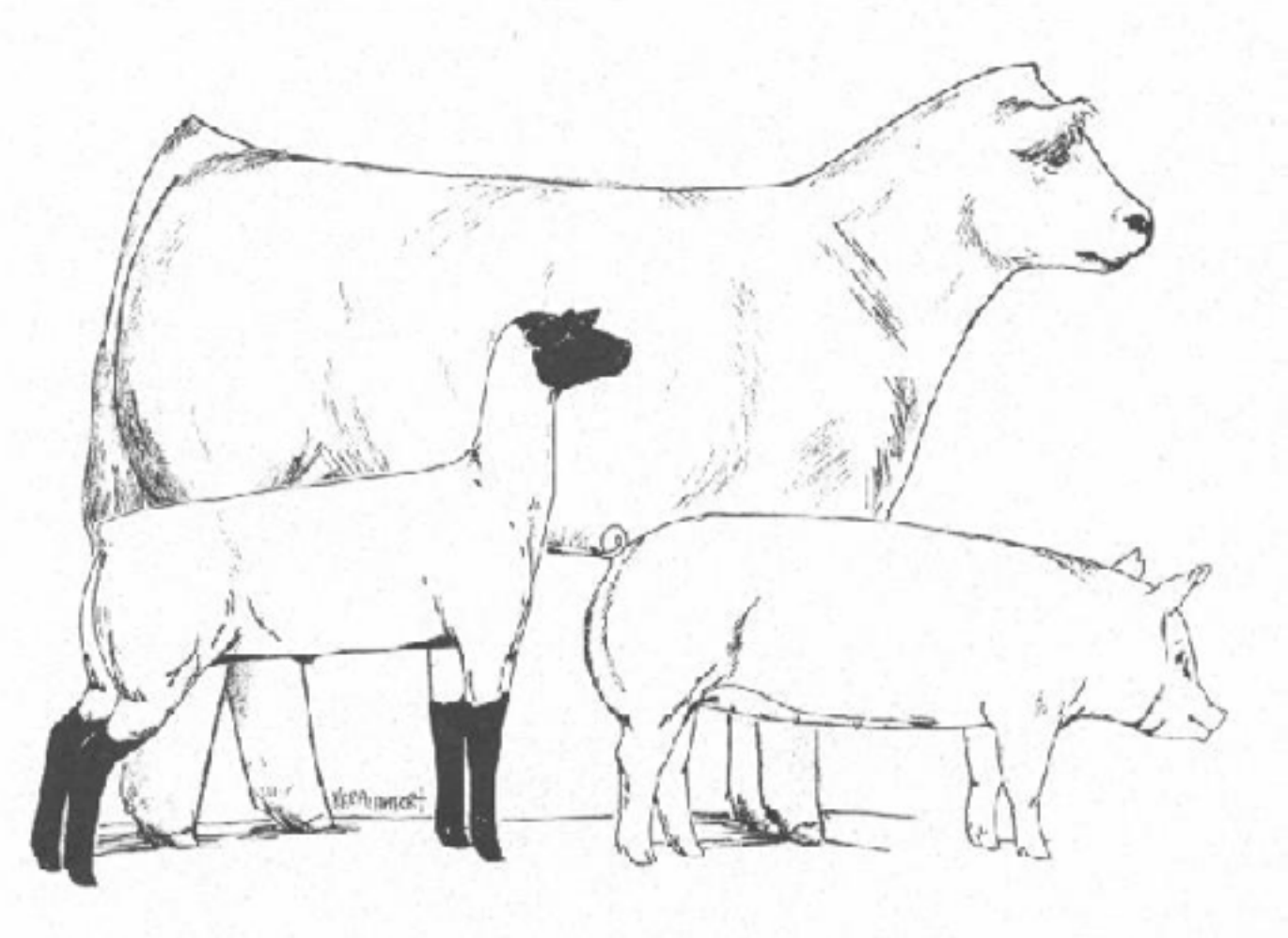

NYC
Eating For the Green Apple Toolkit

Contents

Introduction

This toolkit is part of the Eating for the Green Apple (EGA) initiative, developed by the New York City government. The goal of the EGA campaign is to help New Yorkers reduce their impact on climate change, specifically through reducing their consumption of animal-based foods.

While it is not immediately obvious, reducing consumption of animal-based foods is the single most effective thing one can do to reduce their carbon footprint, thus reducing one's impact on climate change. This toolkit will help you to understand this connection, and provide you with the tools you need to achieve a more earth-friendly diet.



The Livestock Industry and Climate Change

When people think of climate change, they usually think of cars, power plants, and hairspray. Food rarely comes to mind. However, The United Nations Food and Agriculture Organization (FAO) has calculated that the global livestock sector is responsible for 18% of global greenhouse gas (GHG) emissions. That is more than the GHG emissions associated with the entire global transportation sector, which accounts for 13% of global GHGs.[1]

The Environmental Protection Agency reported that U.S. agricultural production in 2005 emitted about 625 megatons of carbon dioxide equivalent.[2] That is about as much carbon dioxide as 141 million cars release each year.[3] Feed production, methane from livestock manure, ruminant digestion, nitrous oxide, livestock processing, refrigeration, and transportation all contribute to GHG emissions. Feed production emissions include fertilizer manufacturer and application, on farm fossil fuel use, deforestation, and carbon released from soil.[4]

Raising livestock does more than release an alarmingly high level of GHGs, which contribute to climate change. The level of resources required to produce livestock based foods is far above those required to produce plant based foods. For example, producing beef requires more than fifty times more nitrogen than the average plant item.[5]

Illegal deforestation for soybean production, Novo Progresso, Brazil, 2004. (Livestock's Long Shadow, 64)

Similarly, livestock play a big role in global desertification, which is the transitioning from habitable, fertile land into desert. The FAO believes that the total carbon loss from the degraded soil and plant loss due to desertification may be 18-28 billion tons of carbon. Animal-based food production contributing to this total is difficult to estimate, but is undoubtedly high. This is because animal-based food production occupies about two-thirds of the global dry land area, and the rate of desertification has been estimated to be higher for use as pasture for food animals compared to other land uses.[6]

The implications of global climate change are not limited to GHG emissions and land use; raising livestock also places a large burden on our global water supply. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef. On the other hand, soy tofu produced in California requires 220 gallons of water per pound.[7] This is a big enough difference that if you replaced a hamburger with a veggieburger you would save over 350 gallons of water in that meal. Using water wisely is important – by 2025, two-thirds of the world's population will be facing water scarcity due to climate change.[8] Also, transporting and pumping water in livestock production facilities requires energy, which is often found in the form of fossil fuels. High water usage requires higher energy usage, which in effect causes more GHGs to be emitted.

Dairy and Eggs

While eggs are not included in the definition of cool foods, they have less impact on climate change than most meats. Dairy production's impact on climate change is comparable to that of most meats because of the methane produced by cows and the food stuffs necessary to sustain them.

Gidon Eshel, a physist specializing in climate physics and the geophysics of agriculture, has conducted a study to determine which animal based foods—meat, dairy and eggs—contribute most to climate change based on the amount of GHG emitted, water used, and land used in production. He found that beef contributes the most to GHGs, poultry and pork contribute the second most, dairy the third, and eggs the fourth. Cool foods, in general, contribute the least amount to climate change.[9] Thus, most of our suggested meals and recipes in this toolkit do not include animal-based products. However, since eggs contribute the least amount to climate change out of all of the animal based products that Eshel studied, we have included them in some suggestions.

The Livestock Industry and Climate Change

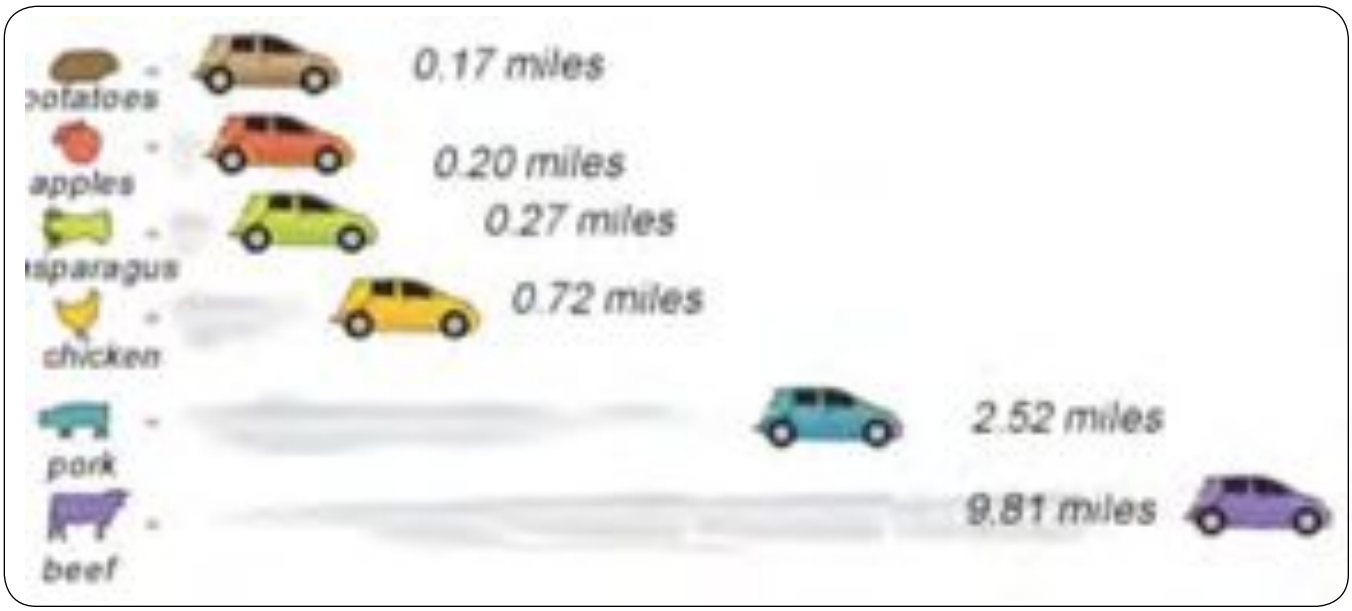
The Cool Food Solution

The production of meat, dairy, and eggs emit a great deal of GHGs, cause desertification, and emit a great deal of nitrogen, thus exacerbating the problem of climate change. Eating more cool foods, such as vegetables, legumes, lentils, and fruits, and less meat would greatly reduce your impact on climate change.

WHAT IS A "COOL" FOOD?

A food that is produced with minimal greenhouse gas emissions. The coolest foods are plant-based, organic, local and whole unprocessed foods.

It is not necessary to completely eliminate animal products from your diet, because eating just a few meat free meals a week would significantly reduce the GHG emissions from your diet. The GHGs from producing various foods can be put in perspective by comparing them with the emissions from a gasoline-powered passenger car that gets 27 miles per gallon.[10] If you look at the figure below, you will see that producing a ½ lb of meat emits significantly more carbon dioxide than the same amount of these cool foods.



CO2 emissions from producing half a pound of each food are compared to the driving of a vehicle the miles shown. [11]

Stay Healthy by Eating Cool Foods

It is not necessary to eat meat at every meal, or even every day. The United States Department of Agriculture (USDA) suggests that healthy adults eat five to six ounces of protein daily from sources like beans, nuts, seeds, meat, fish, and eggs. Many people take this to mean they should eat five to six ounces of meat every day, but that's not necessarily the case. In fact, many cool foods are optimal sources of protein and other nutrients.

Nuts and Seeds

The USDA states that nuts and seeds contain healthy oils, so they actually suggest that people choose these foods frequently instead of meat to fulfill their daily protein requirement. However, many people do not make varied choices from this food group, selecting meat/poultry everyday as their main dishes. Varying choices and including nuts/seeds in meals can boost intake of monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs). Most fat in the diet should come from MUFAs and PUFAs. Some of the PUFAs are essential for health.[12] See the *Cool Foods Meal and Shopping Guide* section of this toolkit for some examples of nuts and seeds and how to prepare them.

Dry Beans and Peas

Because of their high nutrient content, the USDA recommends that everyone consume dry beans and peas, even people who also eat meat regularly. The USDA encourages their frequent consumption—several cups a week—as a "vegetable group" selection as well as a "meat group" selection. Dry kidney beans, pinto beans, lima beans, black-eyed peas, and lentils are cool foods that are excellent sources of plant protein. They also provide other nutrients such as iron and zinc. The USDA explains that these foods are similar to meats in their level of these nutrients. They are also excellent sources of dietary fiber and nutrients such as folate that are low in diets of many Americans. These nutrients are also found in other cool foods, such as vegetables.[13] For examples and preparation guides for some dry beans and peas see the Cool Foods Meal and Shopping Guide section of this toolkit.

Cool Foods Meal and Shopping Guide

Meal Guide

Eating a diet that has more produce and less meat and other animal products may be simpler then you think. To start, try considering what it would be like to have a meal without meat. For a few examples, take a look at these sample meals to see how you can easily transform your regular meals into Cool Food meals to reduce the amount of GHGs emitted from your diet.

If Your Regular Breakfast is…	***Try This Instead….***
-- Bacon, egg and cheese sandwich	-- Oven roasted potatoes, English muffin
-- Sausage and cheese sandwich	-- Omelette with green peppers and mushrooms
If Your Regular Lunch is…	
-- Turkey sandwich with lettuce, tomato, and mayonnaise	--Hummus sandwich with black bean spread, lettuce, tomato
-- Beef and vegetable soup, bread	--Lentil and vegetable soup, bread
-- Chicken burrito, refried beans, corn chips	--Black bean and vegetable burrito with rice, corn chips
If Your Regular Dinner is…	
-- Hamburger, with cheese, onions, tomatoes, and french fries	--Veggie burger with onions, tomatoes, and baked potato
-- Chicken Parmesan, pasta	--Pasta with tomato sauce and sautéed zucchini, broccoli, onions, and spinach

Cool Foods Meal and Shopping Guide

Shopping Guide

The supermarket and your local bodega can be a great place to start to stock your kitchen with foods that will help you reduce the effect that your diet has on climate change. Stock your kitchen with some cool foods that are easy to prepare and highly nutritious. Below are some great cool foods to get you started.

1. **Kale***—A delicious leafy green vegetable. Put it in a stir fry or steam it with cardamon and pepper.

Kale

Bok Choy

Flax Seeds

Tofu

2. **Other fresh vegetables***—Bock choy, broccoli, cauliflower, cabbage and brussel sprouts are some examples of great additions to any hot meal. They cook quickly and have great tastes even without spices.

3. **Flax Seeds** **—Flax seeds have a high protein content, fight cholesterol, diabetes, cancer, constipation, inflammation, menopausal symptoms, heart disease, and greatly boosts the immune system. Sprinkle them on your morning cereal or cook them with stir fry for flavor.

4. **Tofu****—Thought to have originated in ancient China, tofu (aka "bean curd") has become widespread throughout the world. It is known for its richness in protein, iron, calcium, and magnesium, and its low levels of calories and fat. Cook in a stir fry, add it to your salad, or bake with honey.

**High in calcium* ***High in protein*

Shopping Guide Continued...

5. **Legumes** **—Beans, peas, and lentils are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins, and other nutrients that may prevent cancer and heart disease.

6. **Frozen Entrees**- Many supermarkets have entire frozen food aisles dedicated to meat-free dishes such as veggie burgers, meat-free lasagnas, bean and cheese burritos and much more.

Prepared Seitan

Prepared Quinoa

Lentil Soup

7. **Seitan****—High in protein. Many NYC supermarkets store it near the tofu. It is made from wheat, and is believed to have originated thousands of years ago in China as a meat substitute for followers of Buddhism. You can cook it exactly how you would cook chicken because it needs about the same cooking time and absorbs flavor in the same way.

8. **Quinoa****—This ancient South American "superfood" was known by the ancient South American Inca civilization as "the mother of all grains." It is famed for its well-rounded nutritional composition. It has 12%-18% protein content, and is a great source of fiber, phosphorous, magnesium, and iron. Preperation is minimal. Replace rice with quinoa for a tasty dish.

**High in calcium* ***High in protein*

However not all grocery stores or bodegas will have these options. A good way to ensure that you, as well as your community, can consistently eat more cool foods is to talk to your grocer and ask him or her to carry these items. They want your business and rely on your feedback to know what to stock.

8 Actions for an Empowered New Yorker: Eating a Diet that Emits Fewer Greenhouse Gasses

Now that you know about the impact animal-based foods have on climate change, the next step is adapting to this new information. The following seven actions will help you find a diet that has less of an impact on climate change.

Action 1) Eat More Cool Foods. It's simple. To reduce your carbon footprint, eat foods that have a lower carbon footprint.: fruits, vegetables, grains, and legumes. Check out the "Eat Well Guide" to find local, sustainable, organic food in your area: http://www.eatwellguide.org/

Action 2) Join a CSA or Food Co-Op. With Community Supported Agriculture, you pay the farm in advance for a weekly share of the crops that are in season. New York State farmers grow a wide range of foods, including carrots, onions, potatoes, spinach, kale, apples and pears. You pick up your food at a nearby collection point in your neighborhood.

Find your nearest CSA: http://www.localharvest.org/csa/

Food Co-operatives take many forms. Typically they require some kind of membership, and foster a strong sense of community. Co-ops are usually either member-owned or have some other avenue for member-involvement in the decision-making process, so you'll be able to voice your opinion about which cool foods you want to be available.

Find your nearest food co-op: http://idealistnyc.wordpress.com/2010/01/06/all-of-nycs-food-co-ops-not-just-the-famous-one/ or http://www.coopdirectory.org/directory.htm#International

Action 3) Talk to Your Grocer about cool foods. To harness your power as a consumer, it is critical to communicate your wants/needs to the people from whom you buy your food. Show them that there is a market for fresh, cool foods.

Action 4) Prepare Your Own Food. Cooking at home is inexpensive, and allows you to choose your own ingredients, so you can maximize your cool foods consumption. Another great way of preparing food is storing it for later. You can buy local fruits and vegetables while they are cheap and in season, and then can, pickle, or freeze them to keep them fresh. Here is a step-by-step guide: http://www.freshpreserving.com/

Action 5) Network With NYC Food Communities. You're not alone in wanting to eat more responsibly! Here are some organizations around NYC that are helping people make reduce the climate impact of their food choices:

Just Food - "Just Food has been the leader in connecting local farms to NYC neighborhoods and communities since 1995. Our mission is to unite local farms and city residents of all economic backgrounds with fresh, seasonal, sustainably grown food." http://www.justfood.org/

Sustainable South Bronx - "SSBx is a non-profit that champions opportunity in the South Bronx by delivering integrated economic & environmental solutions through innovative job training, public advocacy & education programs." http://www.ssbx.org/ssbxblog/

Sustainable Flatbush - "Sustainable Flatbush brings neighbors together to mobilize, educate, and advocate for sustainable living in our Brooklyn neighborhood and beyond." http://sustainableflatbush.org/

Action 5) Continued...

The Real Food Challenge - "The Real Food Challenge serves as both a campaign and a network. The campaign is to increase the procurement of real food on college and university campuses, with the national goal of 20% real food by 2020. By leveraging their purchasing power we can catalyze the transformation of the larger food system. The network offers a chance for students and their allies (those working on the campaign along with those who've yet to sign on) to make connections, learn from one another, and grow the movement." http://realfoodchallenge.org/

Food Systems Network NYC - "Food Systems Network NYC is a membership organization working toward universal access to nourishing, affordable food. Through collaboration, education, and advocacy, the Network is helping to establish a just and vibrant regional food and farm economy that promotes human and environmental health and prevents hunger." http://www.foodsystemsnyc.org/mission

Added Value - "Added Value is a non-profit organization promoting the sustainable development of Red Hook by nurturing a new generation of young leaders. We work towards this goal by creating opportunities for the youth of South Brooklyn to expand their knowledge base, develop new skills and positively engage with their community through the operation of a socially responsible urban farming enterprise. Currently , Added Value has three main initiatives: Growing a Just Food System, Youth Empowerment, and Farm-Based Learning." http://www.added-value.org/

Slow Food NYC - "Slow Food USA envisions a future food system that is based on the principles of high quality and taste, environmental sustainability, and social justice—in essence, a food system that is good, clean and fair. We seek to catalyze a broad cultural shift away from the destructive effects of an industrial food system and fast life; toward the regenerative cultural, social and economic benefits of a sustainable food system, regional food traditions, the pleasures of the table, and a slower and more harmonious rhythm of life." http://www.slowfoodnyc.org/

Action 6) Grow Your Own Food

- Join a community garden -

There are over 600 gardens throughout NYC. Gardening is a great way to build community while producing fresh, cheap, and cool food.

Climate Change and Gardening:
http://www.sustainable-gardening.com/
http://www.myclimatechangegarden.com/

Find a garden near you:
http://www.grownyc.org/openspace/gardens
http://oasisnyc.net/garden/gardensearch.aspx

- Start your own window farm for less than $30 -

Grow your own food year round, extremely cheaply, in your window. This is a great educational opportunity for children to learn the responsibility we have to take care of the earth. Here's how to make a window farm: http://www.windowfarms.org/
http://www.windowfarms.org/howto/3plantairliftHOWTO_3_4_10.pdf

Action 7) Get Food at Your Local Farmer's Market

Farmers markets often have wide variety of cool foods, and often have more of a variety than supermarkets or bodegas. It is a great way to get involved with your community and address the connection between animal-based foods and climate change. Also, you can talk with the farmers to get tips and advice about growing your own food. Go to http://www.localharvest.org/ and type in your zipcode to find a farmers market.

Action 8) Influence People and Organizations

Download this toolkit and encourage others in your community (your school, business, family, friends) to take action.

Advocate for more cool food options at lunch, or in your board meetings.

Explain your food choices to your peers and co-workers.

For resources to do this and more, visit our website: http://www.eatingforthegreenapple.weebly.com

Cool Foods Recipes

One of the best ways to start eating more cool foods and reducing your impact on climate change is to prepare your own meals. In this section we have included eight recipes for breakfast, lunch, and dinner so that you can start reducing your impact on climate change during your next meal.

The foods required should be found in most supermarkets. If you cannot find them, talk to your grocer and let him or her know that you want them and that he or she can order them in bulk to reduce the price. The recipes come from the recipe section at Meatless-Monday.com and Mark Bittman's, New York Times columnist and author of many block-buster cookbooks, website which can be found at http://www.howtocookeverything.com/. Both sites have dozens more cool foods recipes that you can look through and enjoy.

Breakfast

Egg and Potato Breakfast Tacos
From MeatlessMonday.com

Nothing says breakfast like sautéed onions scrambled with eggs and potatoes. For a simple salsa to top these breakfast tacos, tomatoes, garlic and hot peppers are charred then pureed with bright tomatillos and fresh cilantro. Serves 4

For the tomatillo salsa:

- 1/2 pound fresh purple or green tomatillos, husks removed and fruit rinsed
- 3 small, purple hot peppers or 1 standard Serrano pepper
- 1 garlic clove, unpeeled
- 2 tablespoons and 2 teaspoons cilantro
- 1/4 cup onion, chopped
- 1/2 teaspoon salt

To complete the egg and potato breakfast tacos:

- 1 tablespoon oil
- 1 tablespoon low sodium taco seasoning*
- 2 cups potatoes, cut into cubes
- 3 eggs
- 1 tablespoon milk
- salt and black pepper, to taste
- 8 small corn tortillas

Banana French Toast
From MeatlessMonday.com

This sweet, fruit inspired french toast is made with tofu and soymilk, so it's vegan-friendly.
Makes 2 servings

- 1/2 lb soft tofu, low fat
- 2 bananas
- 1/4 cup soymilk, vanilla
- 1 teaspoon cinnamon
- 2 teaspoon vanilla
- 1/4 cup water
- 4 slices whole wheat bread

Mix tofu, 1 banana, soy milk, water, cinnamon and vanilla in a blender until the consistency of beaten eggs. Spray skillet with cooking spray and heat over medium heat. Dip bread into tofu/banana mixture until drenched. Cook each side in skillet until brown about 3-4 minutes. Slice 1 banana for topping.

Lunch

Black Bean Burgers
From MeatlessMonday.com

Black beans are mixed with breadcrumbs and spiced with chili powder to create one delicious patty. Avocado adds a refreshing creamy topping to this hearty bean burger.
Serves 4

- 1 14 ounce can black beans, drained
- 1/3 of a 15 ounce can of refried beans
- 3/4 cup bread crumbs
- 1 egg
- 1 teaspoon chili powder
- 1 avocado, sliced
- a little vegetable oil, to coat the pan if pan frying
- 4 hamburger buns or rolls of choice

In a large bowl, mix together the black beans, refried beans, bread crumbs, egg and chili powder. Divide mixture into four parts. Make 4 equal sized patties with hands. Place the patties on wax paper. Place another piece of wax paper on top of the patties and press down slightly. Refrigerate for at least several hours or overnight or place in a freezer for about an hour to allow the burgers to take shape. If **grilling**, place a piece of tin foil on the grill and over high heat. Cook on the grill burgers for about 8 minutes per side. If **pan frying**, coat a large skillet with a light layer of vegetable oil and place over medium-high heat. Fry black bean patties about 3 minutes per side, or until a crunchy crust forms. **Serve** on hamburger buns topped with avocado slices and whatever other burger condiments you like.

Couscous Corn Salad
From MeatlessMonday.com

Tofu is marinated in lemon juice and soy sauce, sautéed and then tossed with couscous, corn and carrots. This hearty salad is delicious served at room temperature and easily shared, so whip up a big batch to bring to your next potluck.
Serves 4

- ¼ teaspoon salt
- juice from 1 lemon

a few dashes olive oil

- a few dashes low-sodium soy sauce
- 12 ounces extra firm tofu, crumbled
- ½ cup uncooked couscous

1 onion, chopped
corn kernels, cut from 1 ear corn
1 small carrot, shredded

- ½ heirloom tomato, chopped

Cook the couscous according to package instructions.
In a small bowl, combine the juice from 1 lemon and ¼ teaspoon salt with a few dashes of olive oil and soy sauce. Whisk to combine, taste and adjust ratio to preference.

Drizzle the crumbled tofu with the lemon soy sauce marinade.
Place a sauté pan over medium-high heat. Sauté the crumbled tofu for 4-6 minutes, or until crisp. Remove from heat, place in a bowl and let cool.

Place the sauté pan back on the stove over medium heat and prepare with a little more oil or nonstick cooking spray, if needed. Add the chopped onion to the pan and sauté for 5-7 minutes, or until the onion has browned. Place in the tofu bowl and set aside to cool.

Place the sauté pan back on the stove and sauté the corn kernels for 2-3 minutes, or until just tender. Remove from heat and let cool. When the tofu, onion and corn have cooled, combine the couscous, tofu, onion, corn, shredded carrot and chopped tomato together in a large bowl. Stir to combine and season with salt and pepper to taste.

Sweet Potato and Quinoa Salad

Makes: 4 servings
Time: 40 minutes

- 2 1/2 cups cooked quinoa or other small-kernel grain or 1 cup raw
- 1 large or 2 medium (about 1 pound) sweet potatoes
- Salt
- 1 red bell pepper, cored, seeded, and diced
- 1/4 cup minced red onion or shallot
- Freshly ground black pepper
- 1/4 cup extra virgin olive oil
- 2 tablespoons balsamic, sherry, or red wine vinegar
- 1/4 cup minced fresh chives or parsley leaves

If you haven't already, cook the quinoa or other grain by following the instructions on the package. Drain in a strainer and rinse. Meanwhile, peel the sweet potato and dice it into 1/2-inch or smaller pieces. Cook it in boiling salted water to cover until tender, about 15 minutes; drain well.
Toss together the potato, quinoa, bell pepper, and onion; sprinkle with salt and pepper. Whisk the oil and vinegar together and toss the salad with about half of this mixture; add all or some of the rest to taste. Taste and adjust the seasoning, garnish with the chives and serve.

Southwestern Sweet Potato and Quinoa Salad. Add 1 avocado, peeled, pitted, and diced, to the mix, along with the sweet potato and quinoa; add 1/4 teaspoon cayenne, chili powder, or hot red pepper flakes. Add 1/4 cup toasted pepitas (pumpkin seeds). Use freshly squeezed lime juice in place of the vinegar and cilantro in place of the chives.

Dinner

Barbequed Tofu
From MeatlessMonday.com

This easy meal tastes great, and can be sweet and sour or spicy as you like it.
Makes 4 servings.

- 1 pound firm tofu, frozen and then defrosted
- 2 large onions, thinly sliced
- 1 cup barbecue sauce (preferably low-fat, low-sodium)

Preheat the oven to 375F.

Squeeze any excess water from the tofu. Slice the block of tofu across its short end into 1/4-inch slices. Place the onions in a baking dish and pour 1/4 cup barbecue sauce over them.

Add the tofu and the remaining barbecue sauce. Let the tofu and sauce marinate in the refrigerator for about 30 minutes. Bake the tofu and onions for 20 to 30 minutes, until the sauce is bubbling hot.

The tofu can also be cooked on the grill, brushing frequently with barbecue sauce. Serve on a whole grain roll with your favorite vegetable fixings.

Quinoa Chili
From MeatlessMonday.com

The spices will warm you up while the whole grain quinoa keeps your heart healthy.
Serves 4

- 1/2 tablespoon olive oil
- 1 medium onion, diced
- 1 tablespoons chili powder
- 1 tablespoon cumin powder
- 1 ½ teaspoons onion powder
- 1.5 teaspoons garlic powder
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1 cup quinoa, uncooked and rinsed*
- 3 cups low-sodium vegetable broth
- 1 tablespoon unsweetened cocoa powder
- 1/2 cup nutritional yeast**
- 1 15oz can of your favorite beans
- salt and pepper, to taste

*Quinoa is a heart-healthy grain as well as a complete protein. It can be found in the grain section of most grocery stores. Feel free to substitute brown rice if you can't find quinoa, but for best results the hearty quinoa will keep its shape in the sauce.
**Optional. Found in health food stores.

In a large skillet over medium-high heat, heat the olive oil. Add the onion and sauté for 5-7 minutes, or until the onions are soft. Season with the chili powder, cumin powder, onion powder, garlic powder, paprika and cayenne pepper.

Add the vegetable broth and the quinoa. Bring to a boil and then lower heat to a simmer. Simmer for 10 minutes.

Add the beans, cocoa powder, nutritional yeast and salt and pepper to taste. Turn heat up to high, bring back up to a boil and then lower to a simmer for 20-30minutes, or until the quinoa has finished cooking. While quinoa is cooking, stir occasionally so that the chili does not stick to the bottom of the pan. Serve and enjoy!

Vegetable Pancakes

Makes: 4 servings
Time: At least 30 minutes

- About 1 1/2 pounds grated vegetables, peeled first if necessary (3 cups packed), and squeezed dry
- 1/2 small onion, grated; or 4 scallions
- 1 egg or 2 egg whites, lightly beaten
- 1/4 cup white or whole wheat flour, more or less
- Salt and freshly ground black pepper
- Olive or vegetable oil for greasing the pan

Heat the oven to 275°F. Grate the vegetable or vegetables by hand or with the grating disk of a food processor. Mix together the vegetables, onion, egg, and 1/4 cup of the flour. Sprinkle with salt and pepper. Add a little more flour if the mixture isn't holding together.

Put a little oil in a large skillet or griddle over medium-high heat. When the oil is hot, drop in spoonfuls of the batter, using a fork to spread the vegetables into an even layer, press down a bit. Work in batches to prevent overcrowding. (Transfer finished pancakes to the oven until all are finished.) Cook, turning once, until nicely browned on both sides, about 5 minutes. Serve hot or at room temperature.

Works Cited

[1]Food and Agriculture Organisation, *Livestock's Long Shadow: Environmental Issues and Options*, 2006, 86.

[2]"Fossil Fuels and Greenhouse Gas Emissions from Industrial Agriculture," *Foodandwaterwatch.org*, Food & Water Watch, Nov, 2007,Web. <http://documents. foodandwaterwatch.org/GreenhouseGasIndustrialAg.pdf>, 1.

[3]Calculations conducted by Food & Water Watch based on data drawn from the cited studies, For more information, please call 202.797.6550 or e-mail foodandwater@fwwatch.org.

[4]Food and Agriculture, 2006, 86.

[5]Adapted from Gidon Eshel's "Small Decisions, Planetary Consequences"

[6]Food and Agriculture, 2006, 93.

[7]Martha Krieth, "Water Inputs in California Production," *Sakia.org,* Sakia.org Irrigation Index, Sept, 1991, Web, <http://www.vl-irrigation.org/cms/fileadmin/content/irrig/general/kreith_ 1991_water_inputs_in_ca_food_production-excerpt.pdf>, 3.

[8]Maude Barlow, "Where Has the Water Gone?" *American Prospect*, 19.6 (2008): A2-A3, Print.

[9]Eshel, G., and P. A. Martin, 2006, 4.

[10]Fiala, Nathan, "How Meat Contributes to Global Warming," *Science News, Articles and Information | Scientific American*. Scientific American, Feb, 2009, Web, <http://www.scientificamerican.com/ article.cfm?id=the-greenhouse-hamburger>, 1.

[11]Fiala, Nathan, 2009, 2.

[12]"MyPyramid.gov - Inside The Pyramid - What Foods Are Included in the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts (meat & Beans) Group?" *MyPyramid.gov - United States Department of Agriculture - Home*, United States Department of Agriculture, 2010, Web, <http://www.mypyramid. gov/pyramid/meat.html>.

[13]"MyPyramid.gov - Inside The Pyramid

[14]Independent survey conducted at New York University in April, 2011.

[15]Independent survey, 2011.

Image Sources

Livestock (pg.3): https://utextension.tennessee.edu/dickson/PublishingImages/Cow_Sheep_Pig.jpg
Deforestation (pg.4): Livestock's Long Shadow, 64
Dairy (pg.5): http://ragaboo-online.com/blog1/wp-content/uploads/2009/12/photolibrary_rm_photo_of_eggs_and_dairy11.jpg
Nuts/Seeds (pg.7): http://beautyhill.com/img/arts/2010/Sep/27/706/energy_producing_foods_nuts_and_seeds.jpg
Windowfarms (pg.14): http://www.myceliumschool.org/wp-content/uploads/2011/03/windowfarms_br3.jpg
Community Garden (pg.14): http://www.gothamgazette.com/graphics/2008/04/digging.jpg