

## Food for thought

caught up with Larissa Green, author of *Love Green Food*, an organic recipe book to guide everyone 'from die-hard meat eaters to the leafiest vegans'.

### Why cook and eat with a conscience?

I take care of myself and to tread as gently as possible on the earth. **Physical benefits?** Food has been medicine for me. Clean organic food gives me more energy so I am less hungry and eat less when I need to. **Favourite recipe in the book?** Lately, I've been making short-grain brown-rice risotto with paragus. **Six ingredients you always have at home?** Organic coffee, quinoa, brown rice, goats'-milk feta, extra-virgin cold-pressed olive oil and avocado, when in season. **Top healthy eateries?** The Boutique Café in Cape Town and Greenlands in Jo'burg; they both make an effort to use organic ingredients wherever possible. **Favourite comfort food?** Organic milk chocolate.



**BUY** *Love Green Food* by Larissa Green (978 0 98141 680 9, R220) for simple and tasty recipes to help you cook and eat more healthily.



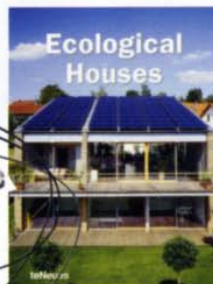
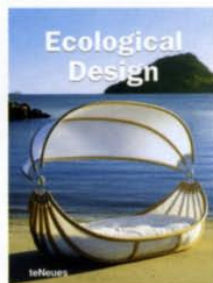
**TRY** Sign up for a weekly delivery of seasonal vegetables, all grown organically. Larissa uses Wild Organic Foods in Cape Town (wildorganics.co.za), and she recommends Greenlands in Jo'burg (greenlandwholefoods.co.za) and Earthmother Organics in Durban (earthmother.co.za).

**VISIT** Larissa loves to browse urbansprout.co.za, an online green community that focuses on ecofriendly events and products.

## Up the style stakes

From the hi-tech to the homemade, *Ecological Design* (978 3 83279 229 9, R290) showcases ingenious designs, such as Lunar-Resonant reedlights that adapt to the brightness of the moon requiring less energy when the moon is full.

• Be inspired by the 32 homes featured in *Ecological Houses* (978 3 83279 227 5, R309), which illustrate the development of green thinking among residential architects around the world.



## WHEEL POWER

Motor petrol never looked this good. Hit the road this summer on the silverback Beach Cruiser, with Shimano gears, comfortable cruiser-style handlebars and a kickstand. Middle, from R2 500. Visit [backlab.com](http://backlab.com) for more info.



For stockists see page 151.

## WHAT'S NOW

# Greenhouse

### SMART THINKING

Compact fluorescent light bulbs (CFLs) use less energy, but they do contain mercury, which can leak into the ground in landfills. Fortunately, all Pick n Pay stores and 200 Woolworths stores collect and recycle spent CFLs.

### Three of the best ... shoppers

Nature Protea Bag (below left) R175, Nature Molo Bag (centre) R100, both made from hessian by women who are part of Township Patterns, a community project, [township.co.za](http://township.co.za); Give It Bags (right) are made from recycled coffee, sugar and rice packaging. Fifty per cent of all profits is donated to charity, from R380, [give-it-bag.com](http://give-it-bag.com).

