

We care about your climate future

February, 2024
Volume 8, Issue 8

How love powers Rotary environmental action



This month, we share how love powers Rotary environmental action: love for our children and grandchildren, love for fellow living things, love for our communities. February's focus is biodiversity, showcasing high-impact projects and actions you can replicate for love of people and planet.

We are also thrilled to share Potential Energy's global messaging research, shared in January through the Yale Program for Climate Change Communication: love for future generations is what will galvanize people across cultures to support climate solutions. Make love the heart of your calls to action.

Here are this month's stories:

- UNEP and Rotary announce fresh water partnership
- Judith Diment reports Feb. 7 on Rotary at COP 28
- Minga mundial launched in Ecuador
- Pollinator pledge for North America's longest river
- Butterfly love
- Love will move the world to act, because later is too late!
- Miyawaki forest celebrates native plants and history
- February ESRAG webinars
- How your diet can help reduce air pollution
- Welcome to the ESRAG team
- Recipes for love

Newsletter stories are posted throughout the month on ESRAG's website under the News tab (click on "News & Events"), and archived under the relevant theme (under "Our Work"). Most of this month's articles fall under Biodiversity. **You can use the translation widget on the top right corner of our website to read any blog post in twelve other languages, from Arabic to Swahili.** This screen shot of ESRAG's home page shows all three links.

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Photo: UNEP's Rafael Peralta, RI Foundation Chair-elect Mark Maloney, and RI President-elect Stephanie Urchick announcing the UNEP-Rotary Community Action for Fresh Water partnership at International Assembly Jan. 10. Credit: @Rotary International. All Rights Reserved.

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UNEP and Rotary announce fresh water partnership

By Ariel Miller, ESRAG Newsletter Editor



A moving speech by ESRAG member Salvador Rico set the stage for Rotary President-elect Stephanie Urchick, Trustee Chair-elect and Past RI President Mark Maloney, and Rafael Peralta of the UN Environment Programme to unveil a new RI-UNEP global initiative, [Community Action for Fresh Water](#) (CAFW) on Jan. 10, 2024 at International Assembly, Rotary's annual training conference for District Governors-elect. Rotary Governors are the leaders who serve as the vital link between Rotary International and clubs on the front lines.

"Healthy freshwater systems are vital for flourishing and vibrant societies, but these systems are threatened by climate change, nature and biodiversity loss, and pollution," explains [Rotary's new CAFW website](#).

"Community Action for Fresh Water incorporates, learns from, and expands upon the success of Rotary members who have been protecting and restoring freshwater ecosystems under the pilot program "Adopt a River for Sustainable Development" which began with UNEP and Rotary District 9212 (Eritrea, Ethiopia, Kenya, and South Sudan) in 2020 and has expanded worldwide." [PP Jane Maonga's 2023 article](#) for ESRAG reports how Lavington Eco Rotary Club won accolades from UNEP for its Adopt-a-River project in Nairobi.

"Rotary members around the world have already been active in protecting and restoring freshwater ecosystems. The partnership connects Rotary's member resources and expertise mobilizing volunteers with the technical expertise from UNEP to make even more of a sustainable, long-term environmental impact," Rotary's CAFW website continues. "Rotary and Rotaract clubs, either individually or in groups, can decide to make a commitment to protect, restore, and sustain a local river, lake, estuary, natural reservoir, or wetlands area. Then, clubs can work with other community groups and residents to determine any major threats the body of water is facing and develop a plan of action in coordination with relevant local groups."

Photo: Salvador Rico telling DGEs about Rotarians' advocacy and work for clean rivers, the precursor of the UNEP-Rotary partnership announced at International Assembly. Credit: @ Rotary International. All Rights Reserved.

[Read More](#)

Judith Diment reports Feb. 7 on Rotary at COP 28

Judith Diment, MBE, who led Rotary International's delegation to the UN Climate Conference in Dubai, will give a special report to ESRAG's Projects + Webinar on Feb. 7 at 14:00 UTC. Don't miss this Zoom event, which will include simultaneous translation in Spanish and Portuguese! [Register here](#).

2023 marked the first time Rotary has hosted a pavilion at a major global event alongside governments, UN agencies, NGOs, academia, and business. Rotary had two pavilions at COP 28: one in the Blue Zone where formal negotiations take place, and one in the Green Zone open to the public. COP "the Conference of Parties" is the United Nations' annual conference where governments and key leaders work out their commitments to mitigate climate change and build resilience.

With vital help from ESRAG leaders including past Chair Dr. Chris Puttock, who chairs the Council of Rotary Action Groups, Rotary hosted 30 breakout sessions throughout COP 28 on theme days covering the UN Sustainable Development Goals, and held myriad discussions with other stakeholders in government, business, and civil society.

As Dean of the Rotary Representative Network, Judith Diment is Rotary's senior diplomat. 2023 was the third time she has led an official Rotary delegation to COP. The 2023 delegation included the largest leadership team ever to participate from Rotary, including RI President Gordon McNally, Rotary Foundation Chair Barry Rassin, Rotary President-Nominee Mario Cesar, and Rotary General Secretary and Chief Executive Officer John Hewko. ESRAG Chair Dr. Yasar Atacik, ESRAG Projects Chair Dr. Mina Venkataraman, ESRAG Africa Chapter Co-Chair Felix Kimani, and Salvador Rico, leader of Cleaning the Rivers of the World, contributed ESRAG's multidisciplinary expertise and global networks. Mohamed Delawar, Rotary's representative to the Arab League, and Rotaract leaders from several nations also played vital roles.

We are very honored that Judith Diment has joined ESRAG. As Dean of the Rotary Representatives to the United Nations and International Agencies, she leads a team of 30 Rotary Ambassadors and also serves as Rotary Representative to the Commonwealth. She has worked on advocacy for polio eradication for more than 20 years and is Vice Chair of International PolioPlus Committee, which recommends grants to WHO and UNICEF of up to \$150 million annually. She has represented Rotary at World Health Assembly and WHO Executive Board meetings since 2013, and at Commonwealth Heads of Governments meetings since 2015. Judith Diment was named a Member of the Order of the British Empire (MBE) by HM Queen Elizabeth for services to charity, was inducted as a Freeman of the City of London in 2023. Ms. Diment received the Rotary Service above Self Award in 2016.

Photo: Judith Diment, MBE, center, with Rotaractors and ESRAG leaders at COP 28.



Minga mundial launched in Ecuador

By Natalia Luque, ESRAG Latin American Correspondent

Para leer este artículo en español, visite el [blog de ESRAG](#) y use la herramienta de traducción en la esquina superior derecha.

After a week of overwhelming environmental news around the world, including record-shattering heat, terrible droughts, and forest fires, we feel hopelessness, uncertainty and sadness. I suffered feelings of deep helplessness this past week, as wildfires in my country, Colombia, are destroying large tracts of moors and native forests. These are the ecosystems on which our country's water production and climate regulation depend.



But then, on January 27th, I had the opportunity to interview Rotarian Wilson Lozada from District 4400 in Ecuador and Pablo Palacios, who is President of the [Arcandina Foundation](#), an Ecuadoran nonprofit dedicated to conservation education and social marketing. They briefed me about the World Water Minga, their initiative which seeks to connect Rotary clubs worldwide to undertake the cleaning and conservation of bodies of water. Listening to their inspiring words and the beautiful background of the project, my helplessness turned into hope. I remembered why we are Rotarians: we are People of Action. This article is my way to start taking action on their goal by showcasing it, and I want you and each of your clubs to also take action by joining this global initiative.

Our pre-Hispanic Latin American cultures have the ancient tradition of convening a Minga to achieve a common goal.

This is how the World Water Minga Project was born.

Photo (from left): D 4400 Environmental Chair Wilson Lozada, D 4400 District Governor Jose Changkuon, and Pablo Palacios, Executive Director of the Arcandina Foundation.

[Read More](#)

Pollinator pledge for North America's longest river

By Chris Stein, Chair, ESRAG Pollinator Task Force

A few years ago, after reading the October 2020 Rotary Magazine article about ESRAG's [Operation Pollination](#) environmental framework, Rotarian Rosalie (Roz) Schnick was inspired to take action to help protect pollinator biodiversity health along the entire length of the Mississippi River. In the article, Roz discovered that then-District Governor Marlene Gargulak of District 5960 wanted to engage Rotarians and others from Canada to Mexico to help the Monarch Butterfly. As both the co-chair of the Environmental Committee of the Rotary Club and the La Crosse County (Wisconsin, USA) Commissioner of the Mississippi River



Parkway Commission, she proposed the idea of the Mississippi River Operation Pollination Partnership in April, 2021, and set to work to bring Rotarians and other stakeholders together to make it happen.

On a magnificent fall afternoon in late September, 2023, on the banks of the Mississippi River in La Crosse, Wisconsin, ten prominent organizations including Rotary District 6250, ESRAG, the Mississippi Parkway Commission, Monarch Joint Venture, the City of La Crosse, the North Woods and Waters of the St. Croix Heritage Area joined forces at Roz Schnick's home and meeting place - aptly named "The Monarchy" for a joyful ceremony to sign the Mississippi River Operation Pollination Partnership (resolution).

"Whereas more than 85% of the world's flowering plants and many of the world's food crops depend on pollination to be successful," the resolution states, and "given the breadth, severity, and persistence of pollinator losses, it is critical to expand efforts to reverse these losses and restore populations to healthy levels."

The signatories set out their vision: "Through cooperation, collaboration, and outreach resulting from this non-binding Pollinator Partnership, an interconnected mosaic of pollinator habitat may be developed to help restore and maintain populations of pollinator species throughout this region."

Now, at the start of the new year, these ten organizations have begun to activate this Mississippi River Partnership with their members and partners.

Photo of the signing ceremony by Gary Noren

[Read More](#)

Butterfly love

By Ariel Miller

POLLINATOR PARTNERSHIP
OPERATION POLLINATION

BEE FRIENDLY GARDEN

POLLINATOR CONSERVATION 101

FOR: All who are interested in pollinator conservation including partner organizations that signed the Mississippi River Operation Pollination Partnership.

WHAT: Learn the basics of pollinator conservation and activities you can engage in to help pollinators, like:

- ✓ Building a Bee Friendly Garden - www.beefriendlygardening.org
- ✓ Signing a pollinator pledge with Operation Pollination: <https://esrag.org/operation-pollination>

WHEN:

- ✓ Wednesday March 6 8:30-9:30 central **REGISTER NOW**
- ✓ Wednesday March 13 6:00-7:00 central **REGISTER NOW**

Virtual webinar will be hosted on Zoom; please adjust for your time zone

Rotarians all over the world are inspiring their communities to embrace [Operation Pollination](#). It starts with signing a non-binding Operation Pollination Partnership resolution to work together on two goals: to educate the community about the vital importance of pollinators to human well-being, and to restore pollinator habitats. In March, you can learn more at Pollination Conservation 101, a free **webinar offered worldwide** March 6th or 13th!

Led by Rotarian and naturalist Christopher Stein, this ESRAG initiative has expanded to 70 Rotary Districts on six continents in just three years. Clubs and District Governors are uniting local and regional governments, schools, parks, nature reserves, businesses, and civic groups to sign pledges. Then, the fun begins: a feast of education, discovery, and cultivating flowering plants so pollinators can flourish again. People of all walks of life, from toddlers to titans of business, are pitching in. As one Rotary Director told ESRAG co-founder Karen Kendrick-Hands in 2020, “I don’t know anybody who doesn’t love butterflies.”

With 7 of 10 people thinking of any environmental concern as a future problem, Operation Pollination has helped

many Rotarians and community partners in my ten-county District embrace the plight of our essential pollinators,” says DGE Elayne Bozick of District 6650 in Ohio, USA. “Talking about THE food web and how all life on earth is connected, makes it easier to engage others as an important player in a much larger global effort. And - with every educational activity, with every pollinator project, we have the opportunity to capitalize on promotion and messaging. We’ve actually had people join Rotary because of Operation Pollination.”

She persuaded her entire class of Ohio DGEs to sign a pollinator resolution. “I had been witnessing - with concern - changes to my immediate environment for many years,” she explains. “When Rotary declared Protecting Our Environment as a global concern, I knew the power of Rotary had my back. With that framework, after describing the what and why of Operation Pollination “magically - every one of the Rotary and community partners I asked agreed to help. On top of all that, thanks to the Operation Pollination international network, I now know Rotarians in England, and Costa Rica, Australia and other members of our global community.”

So in March, you have two opportunities to discover how to put that love into action. “The [Pollinator Partnership](#) will provide

FREE pollinator project idea training through **Pollinator Conservation 101 on March 6th and 13th of 2024**, by Zoom,” writes Chris Stein. EVERYONE is invited to attend this training opportunity, but you must register to attend. So please do so as soon as possible.”

Register here for the [March 6 session](#) (8:30 am Central Time, US) or here for [March 13th](#) (6 pm Central Time, US). The link should bring up the correct time for your part of the world.

Operation Pollination Ambassadors

There are now 135 Ambassadors

Mina Venkataraman District 3203 Nilgiris West Club, India ESRAG Projects Director	Tina Hall PDG District 6220 NW WI/Upper Peninsula, MI now with D5970 Northeast Iowa	Brian Yopp MotorCities National Heritage Area, Southeast Michigan	Marlene Gargulak PDG District 5960 NW WI/SE MN Rice Lake Club, WI 1 st DG to adopt OP	Judy Freund PDG District 5960 NW WI/SE MN Hudson Daybreak Club, WI ESRAG member
Weijie Gai ESRAG Shanghai, China	Simon Yates District 1180 Asst Gov, Pres-Elect Crewe and Nantwich Weaver Club, England	Eli Arias District 4140 Rotary Club of Morelia, Mexico	Elayne Bozick District 6560 Eastern Ohio DGE (DG 24-25) Youngstown Club, OH	Holly Zane Wyandot, Bear Clan Freedom's Frontier National Heritage Area, KS/MO
				Felix Kariuki District 9212 Lavington EcoClub Nairobi, Kenya

Love will move the world to act, because later is too late

By John Marshall, Founder and CEO,
Potential Energy Coalition

Climate action at the scale needed to save the planet will require broad, public support – and the right messaging can make the difference. Using rigorous research and data analytics drawn from private sector marketing, we developed and tested climate messaging with nearly 60,000 people across 23 countries in North America, Latin America, Europe, the Middle East, Africa, Asia, and Australia. The results are clear: When we connect with people on a human level based on what matters to them, we can significantly increase demand for the policies that will save the planet. And what motivates people across the world to support climate action is love.

[Potential Energy](#) presented a global research briefing Jan. 8 on climate messaging in partnership with the Yale Program on Climate Change Communication and the Global Strategic Communications Council. We were excited to share the results of this groundbreaking study with over 800 participants from across the climate movement.

The [full report](#) contains detailed breakdowns of how people in each country responded to messaging about a broad range of policy proposals – from building upgrades to zero-carbon transportation. Here are three key insights that we can all use to shape our communications to be more effective:

- **Radical simplicity:** Simple, direct messages work. We don't have to hide the ball and talk about jobs or energy instead of climate. The data clearly show that we can connect with people about climate action using human-centered narratives.
- **Abundance, not limitation:** When we say the words ban, mandate, or phase out, we lose support. Instead, messages that included upgrading, setting standards, making solutions accessible, and reducing dependency performed significantly better.
- **Later is too late:** In every country in the study, the big universal “why” for climate action isn't jobs, prosperity or even the cost of extreme weather, it's love for the next generation. **The message “later is too late” moves people in all countries and of all political persuasions to support immediate action on climate change – and we recommend using this framing widely.**

The science is clear and the solutions are real, and with the right messaging, we can move the world to action. For more resources, please check out:

- Our full [global report](#), which includes all charts and data from the discussion [briefing recording](#).
- Learn more of our guidance on climate messaging in our “Talk Like a Human” playbook.
- [Subscribe to our newsletter](#), “That's Interesting,” to get all of our latest updates – including the upcoming release of an interactive web tool to explore country-specific data we uncovered in our global research.

If you have questions or want to connect further, please get in touch with our team at partner@potentialenergycoalition.org

Potential Energy is a global, nonprofit marketing firm creating public demand for action on climate change. Graphics are from the Potential Energy Report Later is Too Late. Founder and CEO John Marshall is a professor of marketing at the Tuck School of Business at Dartmouth, Hanover, New Hampshire, USA. Graphic is from Potential Energy's "Later is Too Late" global climate messaging study.

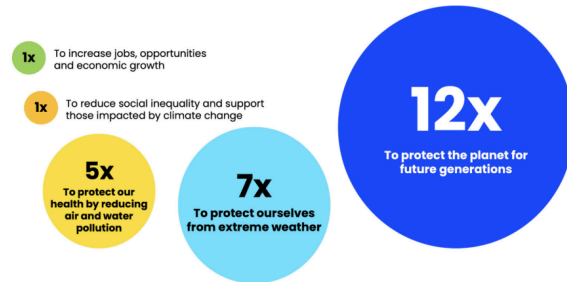
[Read More](#)

The big “why” for climate isn't jobs, prosperity or even the cost of extreme weather - it's love for the next generation.

The data clearly showed that one message moves citizens of countries throughout the world, significantly.

While policy and political leaders often focus on messages like green jobs, economic prosperity, ending injustice, and even fighting the costs of extreme weather, the data indicates that there is a better message to grow the overall size of support. Across every country, the dominant reason for action on climate change was **protecting the planet for the next generation**. This reason was 12 times more popular than creating jobs.

Relative size of perceived benefits across countries



Miyawaki forest celebrates native plants and history

*By Catherine Endicott, Judy Maccully, and Sarah Philips,
Environmental Rotary Club of the Puget Sound*



Have you ever seen the stars align for a service project? Imagine 100 no-shows and then 100 people showing up unexpectedly, transforming the entire event into a success! This was the situation when members of the Environmental Rotary Club of the Puget Sound, Shoreline Rotary, the Rotary Club of Lake Forest Park, and 300 other community volunteers planted over 1,200 trees and shrubs in one day to create a [Miyawaki Urban Forest](#) at Shoreline Historical Museum in early December 2023. Shoreline is between Puget Sound and Lake Washington, a few miles north of the City of Seattle in King County, Washington, USA.

The Miyawaki Urban Forest History Project aims to create a beautiful and sustainable urban forest that celebrates the history of the area and promotes environmental awareness. “We are excited to be a part of this community-driven idea which was developed by a group of people invested in preserving the natural world and highlighting Indigenous relationships to our landscapes,” says Environmental Rotary Club president Kimberly Peterson.

The idea for the project took root about a year ago, when Environmental Rotary Club member Sarah Philips and a small group of concerned citizens petitioned the Shoreline Historical Museum Board to create an urban forest on a vacant field adjacent to the museum. The concept included three interrelated elements:

- a green space of native plants
- a community gathering spot, and
- an outdoor museum and exhibit space.

Community organizer Sally Yamasaki served as project lead, working with Environmental Rotary Club members Sarah Philips, Judy Maccully, and a core group of committed volunteers under the guidance of Shoreline Historical Museum Director Kenneth Douthett. Together, we succeeded in planting the 3,000 square foot forest in one day and a year ahead of schedule!

How it happened:

The Shoreline Historical Museum Board loved the urban forest idea, but was not sure how to get started with landscape plans, not to mention raising thousands of dollars to fund it. The idea of a Miyawaki Forest began to emerge.

[Read More](#)

February Projects + webinars

This month we welcome speakers from five nations, reporting on Rotaryâ€™s work at COP 28, dangers to biodiversity, tools for climate action, and the impact of environmental crises on Rotaryâ€™s disaster response.

Feb. 7, Judith Diment, UBE, United Kingdom, reports on COP

28, 2 pm UTC: Rotary International hosted a Pavilion and 30 breakout sessions at COP 28 alongside governments, UN Agencies, NGOs, academia and business. Come hear Judith Diment of the United Kingdom, Dean of the Rotary Representative Network, tell us what happened. Live translation in Spanish and Portuguese. [Register here](#).



Feb. 14, Rotaractors Lamech Opiyo and Abdul Rashid Wumpini Alhassan speak about biodiversity concerns, 2 pm UTC:

Two Rotaract environmental experts chosen to represent Rotary at COP 28 will share insights with ESRAG. [Register here](#). Lamech Opiyo of Kenya, Rotaract District 9212 Membership Chair, will give a presentation titled “vanishing variety, the crisis of biodiversity loss,” emphasizing the vital role every creature plays in maintaining the balance of nature. Abdul Rashid Wumpiri Alhassan of Ghana is the Director of Rotary EndPlasticSoup in West Africa and WASHRAG Rotaract Operation Team Lead globally. He will speak about the impact of ocean acidification on biodiversity loss.

Feb. 21, Susan Peghiny speaks about Rotary Climate Action Now (RCAT), 2 pm UTC. [Register here](#). Susan Peghiny of the United States will show a 13 minute film about climate change, focusing on group action and why this is so important. The presentation will also introduce the viewer to an online toolkit with resources for learning, collaborating, and taking action. Susan Peghiny chairs the District 7910 Environmental Action Committee, is a lead on the Rotary Climate Action Now project (RCAN), and has served in several Rotary leadership positions, including past recording secretary for ESRAG.

Feb. 28, Michael Terrelonge will speak on the interaction of environmental issues and disasters at 2 pm UTC. [Register here](#). Michael Terrelonge of Jamaica is Disaster Preparedness Chair for Rotary District 7020 and will report about the mission of the Disaster Network Assistance Rotary Action Group and how their work is adversely affected by environmental or climate issues. He serves as ESRAGâ€™s Director of Technology due to his extensive experience in engineering, IT, and management in multiple organizations, and has served in many Rotary leadership positions.

Photo collage, from left: Lamech Opiyo, and Abdul Rashid Wumpini Alhassan with Rotary General Secretary and CEO John Hewko at COP 28. Photos from the Rotaractors' LinkedIn pages.

How your diet can help reduce air pollution

By Kris Cameron, Co-Chair, ESRAG Plant-Rich Diet Task Force



Reducing our consumption of animal foods can make a big difference for climate, environmental and human health, and animal welfare. Learn how at ESRAG's [Plant-Rich Diet Task Force webpage](#).

Many people realize that manure contamination from industrial animal agriculture facilities contributes to water pollution, fish die-offs, and groundwater contamination. But did you know that fine particulate matter (PM_{2.5}) from these facilities causes air pollution-related health problems as well? Fine particulates contribute to premature deaths from ischemic heart disease, stroke, chronic obstructive pulmonary disease, and lung cancer.

A study by [Domingo, et al](#), cited in the Proceedings of the National Institutes of Health (May 10, 2021), quantifies air quality-related health damages attributable to commodities and final food products that make up over 99% of agricultural production in the U.S. “Agricultural production in the United States results in 17,900 annual air quality-related deaths,” the authors write. “Dietary shifts toward more plant-based foods that maintain protein intake and other nutritional needs could reduce agricultural air quality-related mortality by 68 to 83%.”

[Another analysis](#), published in 2019 in PNAS, reports that “while much of the air pollution policies have focused to date on the electricity sector, damages from farms are now larger than those from utilities. Indeed, farms have become the largest contributor to air pollution damages from PM_{2.5}-related emissions.”

Animal husbandry is a major source of this air pollution. The documentary film [“The Smell of Money”](#) follows one community’s struggle to address this issue.

Kris Cameron is a member of the Wenatchee Confluence Rotary Club, Washington State, USA.

Welcome to the ESRAG Team!

We are thrilled to announce that Eva Patrashkova and Rachel Weisbrot have joined ESRAG's Communication Team to expand the global audience for ESRAG's educational programs and technical assistance. Both are passionate environmentalists with the skills and experience we need to ensure that far more people within and beyond Rotary discover they have the power to contribute to environmental solutions before it's too late.

An incredibly generous lead gift from a Rotary philanthropist and environmental advocate (who asked to remain anonymous) inspired other ESRAG members' donations to the challenges set up by Larry Hands and Laurie Zuckerman in last fall's EarthGives campaign. The combined donations will cover the two new part-time contractor positions for the next 18 months. We are optimistic that the wider reach built by our new colleagues will increase ESRAG's membership base, generating the funds to continue equipping many more people to take effective environmental action.

Events Coordinator Eva Patrashkova, a climate diplomat and sustainability consultant from Slovakia, will serve as ESRAG's Events Coordinator. Her contract includes scheduling, publicity, registration, and recordings of ESRAG's weekly Projects + webinar and other virtual, hybrid and in-person programs such as ESRAG's offerings during Rotary International Conventions.

"International climate policy has been my focus throughout my studies and career development," she writes. "I thrive in multicultural settings and believe in the enriching virtues of diversity. I am convinced that climate change is a defining challenge of our lifetime, and I have always sought professional opportunities where I could make a difference," she says.

Content Manager Rachel Weisbrot, an environmental communicator from San Diego, California, will manage ESRAG's blog and social media posts to ensure our news, events, and project reports reach far more people.

"As someone who is passionate about environmental advocacy and using my content creation skills to make a difference, I'm very inspired by ESRAG's mission to provide the Rotary network with support to implement environmental projects," she says. "I'm excited about the opportunity to help ESRAG develop impactful content that promotes its mission and effectively engages with its audience."

Click "read more" to discover the environmental dedication and expertise these remarkable young professionals bring to ESRAG's mission.

Photo above: Eva Patrashkova.

[Read More](#)



Recipes for love

By Dawn Angela Byford, ESRAG Plant-Rich Diet Task Force



This Valentine's Day, show your love for yourself, your loved ones, and the next generation by preparing an easy and delicious plant-based dessert! This month, we feature a scrumptious "Whole Lotta Love" parfait that can be whipped up easily, made with a decadent Vanilla Cashew Cream and delicious Drunken Berries or Roasted Strawberries. As a gift to our wonderful readers, we have also made two mini-cooking videos to show you how easy these are.

The yummy [Vanilla Cashew Cream](#), featured this month enables cooks to mimic the richness of dairy, without sacrificing flavour or taste. It's a game-changer. Be sure to use raw nuts, and soak/rinse them for creaminess and easier digestibility. As a bonus, you'll find this recipe very filling due to its fibre,

protein, and healthy mono & poly-unsaturated fats. Cashews also support heart health and can boost our moods; a fitting dessert for Valentine's Day we think! Here is the [video](#) on how to make it.

Pair it in a parfait with [Drunken Berries](#) or [Roasted Strawberries](#), and you have an antioxidant-rich, power-packed gift of nutrition and vitality! All wrapped up with Love. :) Here is a [demonstration](#) on how to make Drunken Berries.

If you're strapped for time, simply use the cream as a fruit dip paired with a colourful fruit tray and some dark chocolate pieces. Vanilla and chocolate together can't be beat. It will be a feast for the eyes as well as the heart!

Thank you for reading - we'd love to hear from you. Please send feedback or suggestions for future posts to plantrich@esrag.org. Here's to "Loving the Earth, one Bite at a Time"!

Dawn Byford is a member of the Rotary Club of Canmore, Alberta, Canada. In the photo, she's about to add some delicious Canadian maple syrup to Drunken Berries.



The Environmental Sustainability Rotary Action Group

operates in accordance with Rotary International policy, but is not an agency of, or controlled by, Rotary International.
