



Malnutrition is the leading cause of death in the world—it kills more people than AIDS, malaria and tuberculosis combined.

You don't have to look very far to discover that our Earth is in crisis. In our last issue we learned how our environment is being pushed repeatedly to the breaking point and yet still manages to endure, recovering from one manmade disaster after another. One way we are stressing our planet out is with the demand for global sustenance. Every year the world's population increases exponentially even as our ability to provide the very basics of food and water shrinks. We in the Western world have yet to feel the sting of hunger on a grand scale, but it would take very little to derail the intricate web of our food distribution. For such a fertile country like Canada, it's shocking how much of our food is imported from elsewhere.

At the rate we consume, did you know the average city will run out of food for its populace in less than a week, if transportation was interrupted? What then? What of how our food is grown and handled, the chemicals and preservatives that are added, or how the very genetics of it have been tampered with? We've all heard the horror stories, seen pictures of the pink goo that is processed chicken, or how inhumanely animals are treated. And yet, it's such a massive problem, how do we affect change? How do we see our world with new eyes, when the path we're stuck on is a rut clearly going nowhere good?

Did you know that by committing to buying locally and getting to know your community farmers, you can gain an intimate understanding of how your food is produced, even have an active hand in controlling what you put on

your plate and thus into your body? Did you also know that if every rooftop in our urban jungle became green we could potentially grow 10% of the fruits and vegetables we need to survive? Right here in the city, on our own rooftops, no transportation needed. Think of the energy and greenhouse gas emissions we could save alone! Melissa delves into these issues in "Sustaining Agriculture" on page 12.

Did you know that by reducing the amount of meat in our diets and adding more of the very fruits and vegetables we could grow in our own backyards, can also help Mother Earth regain her equilibrium? Karen educates us on the benefits of going Vegetarian, even if it's part time, in "Fortifying with Foliage" on page 19.

And what of this giant, miraculous blue and green ball of life hurtling through space? We don't call her Mother Earth because it sounds pretty in a hippy sort of way. The energy of this planet nurtures us as we in turn should nurture her. But that balance is so out of kilter now, it's no wonder we've all gone a little crazy. We need to slow down and start giving back to her so that we can all live in harmony once more. In "From the Heart" on page 62, Shelley reminds us of the intimate relationship we have with our planet and how we can reconnect, once again strengthening those vital ties.

But first, take a break from your hectic day, and sit down with Kelly and let her brew up some relaxation for you in "Time for Tea" on page 25. The world's problems are not going to be solved over night, but with all of us working together, we'll get there.

Jeff Harrison