

eLibrary Intro Letter

This eLibrary was developed over the past 15+ years of my (often bumpy!) transition of going vegetarian, then vegan, then all organic. It was written in stages, often to address specific people's requests for information or for their health issues, as well as to share my own learnings as I went.

This is not a cookbook, I want to emphasize! But rather it's a guidebook on how to cook / eat / enjoy food! And it is not about leaving society behind to live off grid in the woods (though I have done that!). Or to build an expensive carbon zero custom home. Instead it helps you see how to make your current home environment as healthy, eco friendly and welcoming as possible.

I rarely use more than one pot to cook any meal, I hate doing dishes (and don't have a dishwasher!), and I don't have the patience for tracking down a million ingredients or random spices! I want to eat a tasty, quick, simple, and nutritious meal with minimal effort, time, cost, and fuss, so that I can get on with all the other fun, as well as mundane, things in my life I need to do (mostly mundane chores actually to be honest!).

I want my home to be clean, well organized, healthy, affordable and comfortable but most of all lived in! I don't have the patience, funds, or desire for a magazine photo-shoot ready home. So I have written with all these goals in mind - even reflected in the full title - it's eating vs cooking, green living vs green home.

I see this eLibrary as an educational program in many ways, with each section forming the building blocks for the next. It was in some ways written that way also; as my knowledge deepened, I was able to delve into new more advanced topics. For example, the connection between food and health issues such as diabetes and mood disorders, or the impact of toxic chemicals in the home on one's health and hormones - these learnings happened over time as my understanding and awareness grew.

So I recommend reading the collection of articles in this eLibrary starting from the beginning if time and interest allows. However if you are needing support in a specific area right away, then you can easily skip to the relevant articles.

I hope you find these articles an enjoyable and entertaining read! Life is too short to spend it in the kitchen or in front of a screen! I hope you have newfound energy, time, and vibrance from implementing some of these ideas and I look forward to hearing about your exciting journeys as well!

All the best,

Christina Borland