

Go Organic! for Earth Day Newsletter

March 2009

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Dear Monica,

Earth Day is just one month away! This newsletter features Earth Day Activities and information on where to pick up your 2009 Go Organic! for Earth Day Coupon Book.

→ Go Organic for Earth Day Activities!

If you or your local store is taking part in the Go Organic! campaign or you know someone who is, register their participation with Earth Day Network's [Global Event Registry](#) and you will be automatically entered to win an Earth Day 2009 raffle! By registering on the Earth Day Network site anyone and everyone within your community will have access to the details of your events. And remember, no matter how small your event or action is, [Earth Day Network's registration tool](#) will be your greatest ally!



A wonderful Earth Day 2009 package will be raffled off right after April 22nd! [Register to enter and win!](#)

→ Enter to Win BOBOBABY Trail Mix



[BOBOBABY®](#) is committed to making the highest quality organic baby food that is also affordable.

Their ingredients are eclectic and the best quality, and their formulations are backed by sound nutritional research.

[BOBOBABY®](#) makes it easier for parents to make an informed choice on the best food for their babies.

They advocate organic living, demonstrate sustainable practices, and strive to make a difference in their communities.

The winner of our March Go Organic! Newsletter Giveaway will receive a month's supply of [BOBOBABY®](#) trail mix in both flavors!

Register to win BOBOBABY Trail Mix at
www.organicearthday.org

[→ Superfood - Quinoa](#)



Lemony Zucchini and Basil Quinoa

Pilaf with Chicken

Chef Domenica Catelli's Mom-a-licious Recipe

Quinoa is a superfood that has all 8 amino acids and couldn't be easier to prepare. It is also high in protein. Toasting the quinoa in a dry pan before rinsing it gives more depth to the flavor.

Serves 6

Ingredients:

2 tablespoons organic extra virgin olive oil
1 medium organic yellow onion, chopped
3 organic garlic cloves, minced
2 cups organic quinoa, dry toasted and rinsed
4 cups organic vegetable or chicken broth
2 organic chicken breasts, cut into 1 inch pieces
Dash salt and pepper
2 organic zucchini, cut into ¼ inch pieces
1 cup organic basil leaves, torn up
2 organic lemons, juiced
¼ cup organic Parmesan cheese
½ cup organic slivered raw almonds

Process:

1. Sauté the onions and garlic in extra virgin olive oil in a medium sized pot. Add quinoa, chicken, a pinch or salt, pepper and broth.
2. Bring to a boil, cover and reduce heat to low.
3. After 15 minutes remove lid and stir in zucchini, lemon juice, almonds and ¾ of the basil.
4. Turn heat off and replace lid for two minutes.
5. Finish with the remaining basil and Parmesan cheese.

Add salt and pepper to taste.

For more tasty, easy and healthy recipes from Chef
Domenica Catelli visit www.bemomalicious.com



5 Organic Foods Every Woman Should Eat



Dr. Greene was recently featured in Glamour Magazine. Here is a summary of what he considers to be the most important organic switches every woman should make.

[Make the switch to organic](#)

For more healthful living tips, visit www.drgreene.com



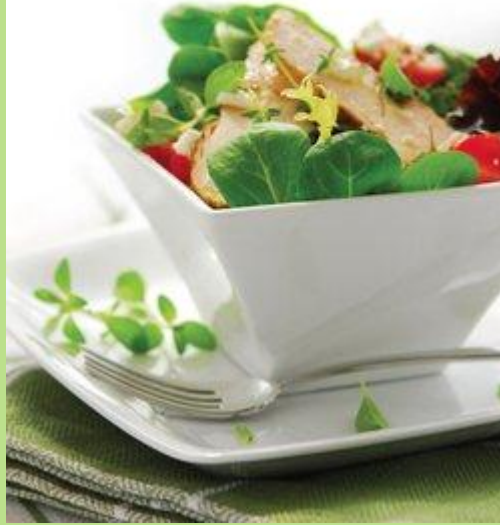
Find A Grocery Store Near You

Visit www.organicearthday.org to find a grocery store near you. Pick up your Go Organic! for Earth Day Coupon Book today to save more than \$12 on organic products.

More than \$12 in
VALUABLE
COUPONS



GO
ORGANIC!
for earth day



WE ENCOURAGE YOU TO SUPPORT
THESE LEADING ORGANIC COMPANIES!



Go Organic! for Earth Day is a project of



Happy Spring,

The Go Organic! for Earth Day Team