



Making organic sprouted-grain banana bread in a solar oven!

## Why Did I “Go Green?”

I sometimes wonder how my goals changed so much! I just wanted to have a happy family, belong to a church, and teach kids. How did I come to spend every spare minute for the past two years finding out how to improve my health and the environment? I even teach about it at school! It's all because I learned through personal experience that today's conventional lifestyle can be devastating to health - that what hurts the earth also harms me. Pollutants and toxins hurt the whole creation and also diminish the nutritional value of foods, and hurt the eco-system, the air quality, and supplies of fresh water. I began to start living a more abundant life by changing my ways, avoiding conventional foods and products that replace the "real thing" with cheap harmful substitutes. My belief is that giving what is of honest worth parallels the gospel message; it is like when we look for the answer to life and overlook the "real thing" - following Christ as Lord - and instead of being satisfied we are left with problems and disillusionment.

