

EAT GREEN • LIVE WELL

# vegetarian times

## healthy comfort food

- In season: cooking with apples
- The secret to homemade hummus
- 10 5-ingredient pasta dinners

44  
recipes  
under 350  
calories

Is organic  
really  
healthier?



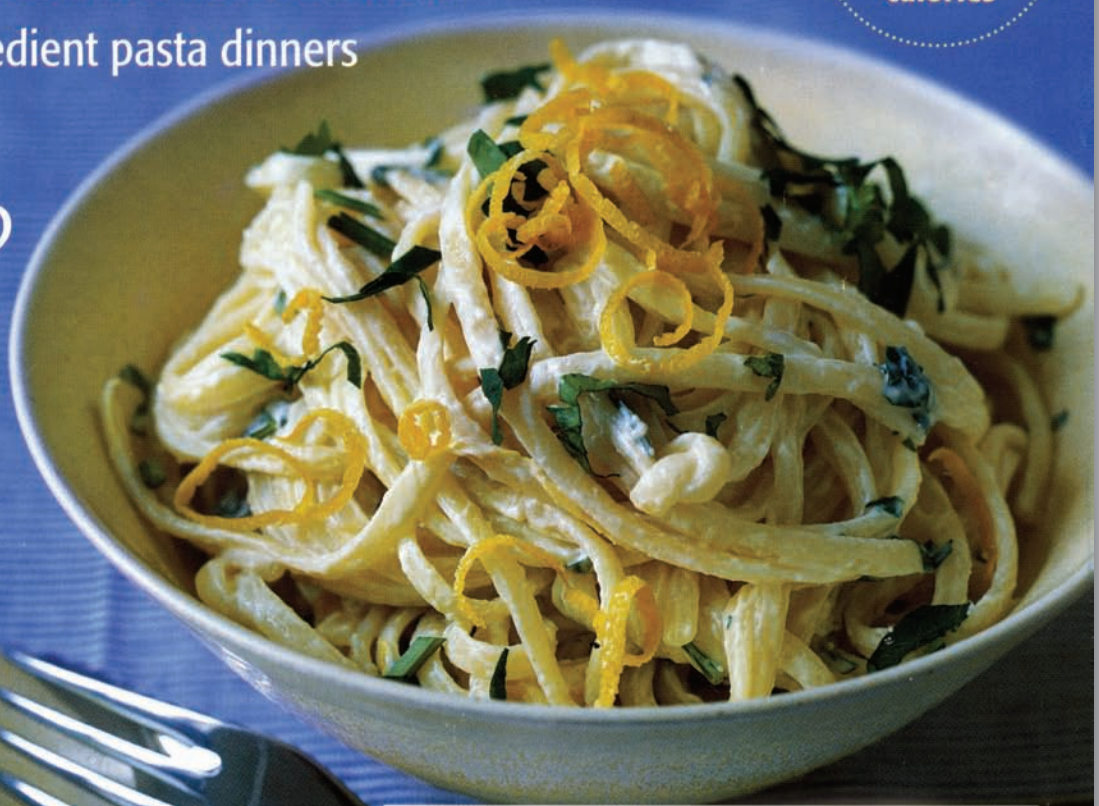
LIGHT AND LUSCIOUS  
LINGUINE IN LEMON  
CREAM SAUCE, p. 30

Easy veggie  
sushi party



New ways  
to love cauliflower

5 spices  
to buy whole and grind at home



Don't catch it!



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Sick of being sick? Recovery taking forever?

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Sambucol®, the original and most trusted Black Elderberry extract, is clinically tested and virologist developed to help boost your immune system.

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These statements have not been evaluated by the Food & Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease.

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THIS JUST IN



MAKE 9/25 A BEACH DAY

Celebrate the 25th anniversary of the International Coastal Cleanup by taking part in this annual effort to collect trash threatening our marine ecosystems. Last year, volunteers helped release 120 animals entangled in debris—including fishing lines and nets—and swept up enough cups, plates, forks, knives, and spoons to provide a full set of dinnerware for more than 100,000 people. To delve deeper into the causes of ocean pollution, and to sign up for the September 25 event, visit oceanconservancy.org.

NOTE: To ensure their safety, volunteers will participate along inland waterways wherever coastlines continue to be blighted by the oil spill in the Gulf of Mexico.

GERASIMOS DOMENIKOS COURTESY INTERNATIONAL COASTAL CLEANUP



organic essentials

Add to the list of organic goods you can welcome into your life the 25 essential oils now available from Aura Cacia. The organic line, which includes lavender, eucalyptus, peppermint, and tea tree, is USDA-certified to be free of synthetic pesticides, herbicides, fungicides, and processing agents. Plus, Aura Cacia's 1% Fund program returns 1 percent of organic-essential-oil sales to farmers and communities. "Money

from the fund is used for everything from supporting education in the community, to larger initiatives such as providing funding to improve organic farming operations or improving the water supply to the whole community," says the company's senior brand manager, Jane Merten. Besides the U.S., source countries include Morocco, Sri Lanka, and the Ukraine. \$5.15-\$19.55/0.25 oz.; auracacia.com

\$24.8 billion

Sales of organic foods in 2009, up from the \$6.1 billion reported in 2000. [Source: Organic Trade Association]