

free



RIGHT
TO
FOOD
ZINE

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Issue 30

Downtown Eastside Neighbourhood House
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Unceded Coast Salish Land & Waters

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Right to Food Zine's mission is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity.

Our voices reflect the diversity that is the Downtown Eastside (DTES). Our articles, research, and recipes speak to the DTES residents, social justice groups, and beyond. We inform our readers, while fostering the desire to know more and to become more engaged. As part of the DTES community, we strive to be a tool for community-building.

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No To Glyphosate Jam!

By Angelina Rose and Mildred German
Unceded Coast Salish Territories

A proposed Pest Management Plan in forest lands from Squamish to Hope, including in areas around Chilliwack and Agassiz, would see the spraying of chemical herbicides like triclopyr and glyphosate.

Glyphosate (commercially known as Round Up, Triclopyer, and Formula 40) targets native broadleaf plant species such as salmonberry, huckleberry, thimbleberry, elderberry, salal, red raspberry, blueberry, mushrooms, Indian Hellebore, Devil's Club, and fireweed — all of which are culturally significant plants and medicines that local Indigenous peoples have harvested and relied upon for thousands of years.

Indigenous groups and community advocates are concerned about the impacts and dangers of the proposed herbicides like triclopyr and glyphosate as these chemicals remain subject of ongoing lawsuits.

These herbicides, which target the numerous berry & medicine patches in BC., have been potentially linked to cancer.

These chemicals also can remain in the forests for years, and can have devastating impacts on the entire ecosystem. As these herbicides are injected to trees and sprayed from helicopters, these toxic chemicals are

injected into the root system which has a deadly effect on mycelium as well. Concerns rack up too with the “backpack” sprayers (often summer students) who have no idea of the risks to their health that come from spraying these chemicals.

Native broadleaf plant species are considered pests by the BC Timber Sales (BCTS), a Province's own Crown Corporation, because they “shade out” coniferous tree crops. Killing native broadleaf plants also have a deadly effect on bees and other pollinators, bears, birds, and other animals including ungulates (deer, elk, moose) who eat berries and rely on deciduous tree leaves as a main food source.

Numerous advocates also assert that eliminating certain native plants is a practice to produce timber plantations, and not towards forest recovery and overall health. As the proposed pest management plan aims to kill native species plants for the interest of the booming, in-demand, and goldmine timber industry in BC, broadleaf trees and many native plant species are considered pests by the timber industry.

Thus, the BCTS submitted a pest management plan which resulted in April 2022 start and which will last for five years, according to a March 24, 2022 Stand.earth report. Once this Pest Management Plan

is approved, the public will never be informed as to where or when herbicides will be sprayed in our forests, and will be done completely in secret.

Secret cancer-causing toxic chemicals being sprayed via helicopters as part of the government's pest management plan is a terrifying action coming from the provincial government itself.

As BC faces the ongoing wraths of the climate change crises, the food supplies and resources are also targeted.

Amidst the ongoing threats of climate change, BC has seen over-logging and deforestation, which led to devastating floods we saw in November 2021. In addition, there are multiple blastings too which aim to make way for the pipelines despite the many protests against the pipelines which have many concerned and nature-loving citizens facing arrests and state violence.

The already historically low wild salmon stocks in BC could also be affected by these herbicides. Wild salmon is a keystone species in BC both ecologically and culturally. Having anything poisoning the waterways targets these traditional foods and medicines and disrupts Indigenous peoples' inherent right to food sovereignty.

The Right to Food zine (rtfzine.org) stands in solidarity in the call to action to stop the proposed spray of glyphosate on berry & medicine patches in BC. In the recent months, BC has faced multiple crises with wildfires, landslides, floods, and fatal heatwaves, in addition to the crises brought by the COVID-19 pandemic.

As communities have expressed the potential severe impacts of the proposed pest management plan on the forests, wildlife, local food resources, and medicine patches, numerous campaigns are calling on the BC provincial government under John Horgan and the New Democratic Party (NDP) to stop the hypocrisy and commit to its pledges on forest management which values ecological and community values above timber values.

FOOD FOR THOUGHT

Berry Season: What Is The Difference between Jam, Jellies, and Marmalade?

The amount of the original fruit that is used to make them is what differentiates between jelly, jam, and preserves.

A jam (or preserves) is the richest in fruit contents and can have chunks of the fruits in its whole form. It is spreadable yet features of the fruit are visible, ie. seeds, fibres, and pulps, which compliments easily as spreads. The use of gelatin can also be applied.

Jelly has the smoothest texture and consistency which is achieved by discarding the solid leftovers after crushing the fruits. Then heated and mixed with pectin to form a gel spread. There are no pulps, fibers, and seeds.

Meanwhile, a marmalade is made from the juice and peels of citrus fruits and boiled with sugar and water. There are marmalades that have chunks of peels, while others do marmalades with bigger chunks of peel, compared to zest.

Foraging Reflection

By Cyan Atterbury

My desire to forage in British Columbia started when I was a young girl, from my first visit, really. The beauty of the rainforest was welcoming and vibrant, it was so much different than rural Ontario, I was drawn in, my world was opening. As a preteen I took a camping trip to Long Beach with my mother. I was captivated by the mountainous landscape, lush forests, and wildlife and creatures that I thought were quite astounding. I recall seeing bears and banana slugs.

As we tented along Tla-o-qui-aht First Nations land- in which the Canadian government deems crown, my mother foraged wild chanterelles and morels, effortlessly finding berries, mushrooms, sea things, and plants to eat. British Columbia, I assumed, would be plentiful with great food and ready-to-forage wildlife.

On my recent foraging trip, 10 years later, I came across many trail closure signs owed to excessive logging and consumption by corporations, as well as towns devastated by fire due to climate change, home-made signs asking for the halt of spraying chemicals.

I reflected on the environmental state of Vancouver, and also on my place in the environment as a settler.

I have always understood foraging as an act of rebellion against a system that profits from destroying the environment and keeping food inaccessible to people in poverty. I wish to share here some stories from my foraging trip as well as reflections on food security and access to nature.

Just a few months ago, I relocated from Ontario to Vancouver because an opportunity presented itself. I was overjoyed because my childhood goals of living alongside BC's stunning scenery seemed to be coming true. I was excited to enjoy nature, and to relive my memories of foraging when I was a kid. I shared a common goal with many Ontarians: I wanted to move to British Columbia, whose pristine wilderness has long been lauded by Group of Seven paintings, school textbooks, and Canadian media.

However, the first couple months of my move revealed the struggles within accessing nature and outdoor space. I first underestimated how expensive food in Vancouver is, and the difficulties that people in Vancouver have with finding affordable and healthy food options. Every time I do a grocery run anywhere it seems, I need to spend a hefty chunk of my pay-check. So, I understand the need for affordable and accessible food solutions that this magazine hopes to share.



I found that the enjoyment of the outdoors can often be hindered by the costs of admission to outdoor spaces. For instance, it can cost upwards of 80 dollars to visit Capilano suspension bridge despite being on unceded Squamish territory. This kind of obstacle is far from uncommon in BC parks and natural attractions. Along with this, the costs of camping gear, transportation, and site fees, can all make accessing the outdoors difficult for low-income folks.

I found that enjoying the outdoors and eating healthy food is a challenge for many people in Vancouver, particularly the poor and Indigenous people whose lands have been seized by the government, whose colonial pursuits and greed have made thriving in Vancouver difficult.

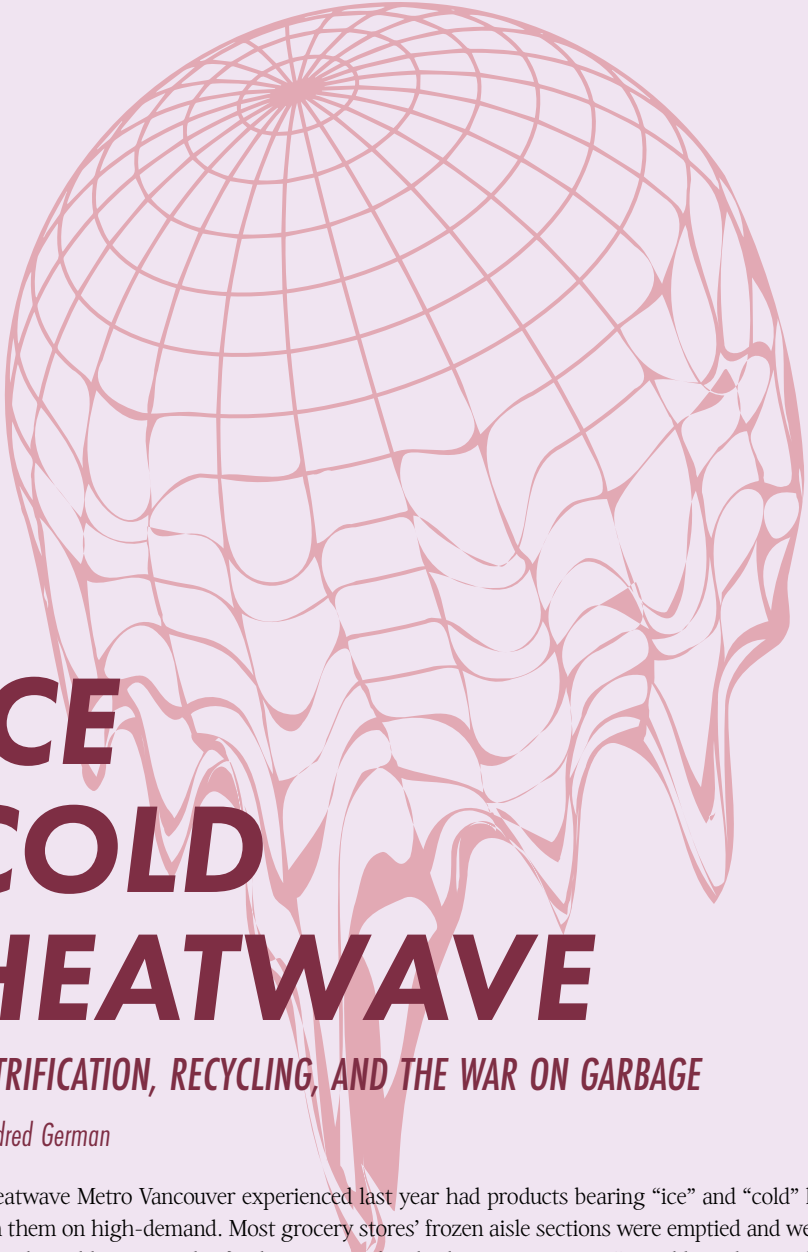
All these events are of course not unknown to most people in Vancouver, and they align with more systemic issues, like the colonial gaze in white Canadians, including myself, who believe that owning and exploring na-

ture is a right of citizenship. Outdoor narratives, as well as who has access to them, have all contributed to the colonisation of outdoor spaces. Indigenous knowledge and involvement have frequently been excluded from discussions about the outdoors and have been replaced by western ideals of settler colonialism. Glyphosate spraying is one way Vancouver intentionally excludes Indigenous knowledge from outdoor spaces.

Glyphosate is a potentially carcinogenic herbicide meant to destroy many plants and medicines deemed “pests”, and also leeches into the waterways that we, and Indigenous communities, use and depend on to survive. The city’s colonial pursuits on the land is displacing Indigenous people, ruining their health and destroying the environment. Indigenous folks have a relationship with nature that has always been a reciprocal relationship of protection and preservation.

My relocation to Vancouver has highlighted the difficulties in gaining access to nature, outdoor space, and nutritious food. My foraging trips and time spent in Vancouver’s nature have made me consider that in order to do well for the planet, we must understand that nature cannot be conquered and consumed, but rather cherished like a garden.

As summer approaches, my plans are to continue foraging and harvest some fresh oysters or mussels on the beach. I’ve also begun cultivating a garden, growing spinach, salad greens, corn plants, and tomatoes in my garden for myself and my friends to use as a complement to our BBQ meals. These things make me feel like I’m taking a small step to fight against the system, and along the way, I hope to discover and share more accessible and affordable food options.



ICE COLD HEATWAVE

GENTRIFICATION, RECYCLING, AND THE WAR ON GARBAGE

by Mildred German

The heatwave Metro Vancouver experienced last year had products bearing “ice” and “cold” labels on them on high-demand. Most grocery stores’ frozen aisle sections were emptied and were without the cold treats and refreshments amidst the hot temperature. Ice cold products sales soared to more than double, and many food manufacturers scrambled to keep up the demands for ice cream, ice, and other frozen treats. Ice cream is one of the most favorite hot-weather treats, and many prefer ice cream during the hot temperature. The cold, icy, and often sweet dessert is most popular on summer sunny days. However, ice cream is a treat that can be enjoyed anytime of the year!

ENDLESS CHOICES

There are many flavors and varieties of this frozen dessert to choose from. From fruity, creamy, non-dairy, sugary and no-sugar alternatives- the choices are endless.

I am reminded of my old high school days here in East Vancouver when my friends and I would walk in the neighbourhood- boasting plenty of bakeries, cafes, and gelato places. Here, one could be simply amazed by the hundreds of gelato flavours to choose from.

Durian was one of my favourite flavours (and still is my favourite). Yes, the popularly known as a pungent and thorny fruit has indeed captured my taste buds. Not only because Durian is a tropical fruit, which reminds me of the Philippines and the tropics, it also reminds me of East Vancouver and its rich diversity.

Herein the East Van neighbourhood, milk shakes, gelatos, bubble teas, and dessert snacks can be found in some restaurants and food stalls. The diverse flavors can easily remind me of the wonders of summer as there are many other refreshing drinks and desserts- from fresh coconut water, iced mango shakes, lychee drinks, halo-halo, iced milk tea, bubble tea, iced coffee, and more- to enjoy.

However, many of these places have disappeared and continue to face threats of disappearing in the fangs of ‘renovictions’, high rent increase, and displacements brought by gentrification and developments in Vancouver, as frustrating as it is to many.

HEAT WAVE FRUSTRATIONS

In terms of “frustrations”, in November 2021 a frustrated doctor in British Columbia connected climate change in the diagnosis of a 70-year

old patient’s declining health. Canadian Dr. Kyle Merritt’s unique conclusion was reportedly the first in the world for a medical practitioner to write climate change as an underlying cause of a dramatic increase in numbers of patients who came in for severe respiratory problems. Dr. Merritt and his team came to this conclusion after observing that many of his already sick patients were becoming more ill following the 2021 BC heatwave.

With the Earth’s ice caps melting, pollution high, and trees cut, many parts of the world are feeling the planet’s increasing heat, and it will not be surprising if other and more medical practitioners globally start documenting more climate-change diagnoses.

Wildfires have also affected many places of the world, bringing unsafe levels of air quality and unbearable heat strokes. In addition, there are also increasing drought-affected areas and worsening threats to the clean and fresh water supply. As droughts and pollution continue, agriculture, wildlife, food supplies and livelihood of many nations are threatened, which can result in more malnutrition and starvation of the global population.

SOOTHE THE DRYING THROATS

Remember those moments of feeling the relief after having something cold to drink to quench thirst and to cool down the body temperature? Those are indeed priceless.

Such moments bring the delights of the life-saving qualities of water. That each sip on a very dry and hot day, we too are reminded to appreciate each drop of water. Each time on how thirst also reminds us of our own existence and beings- that we too are made of water, and that without clean water we all die.

Local governments have released an advisory

on water consumption during the hot season, reminding us to be mindful of our resources.

As such unforgiving threats of the heatwave, wildfires, and global warming also reminds us, how will we ever survive without clean water? How will the bees drink if water is toxic? How will the fish swim if water is polluted?

Yet, with all these philosophical questions, here we are, faced with the ongoing threats of the oil pipelines, industrialization, constructions, high prices of everything, low wages, and scary mortgage rates. We meticulously sort out empties and recycle wholeheartedly; we are told to use paper bags, bring our own shopping bags religiously, and encourage use of refillable cups and containers to save ourselves from plastic waste.

SYSTEMIC VIOLATION OF INTERNATIONAL LAWS

There are many environmental initiatives— which are good. However, are we made to believe that we are scared of plastic straws and rather being blinded by the big fact that the giant polluters dwell right here in our backyards, plundering natural resources locally and internationally?

Vancouver is home-base of many mining corporations— which many have violations abroad, such as in the Philippines, Guatemala, and other countries in the Global South.

Such is the case in the Philippines, where there are over 35 Canadian mining corporations, including the Vancouver based Oceana Gold, with a mandate to not only plunder the Philippines' resources but also to displace native Filipinos from their lands. Such also is the armed RCMP raid of the Wet'suwet'en First Nation's lands in 2019 under John Horgan and the BC New Democratic Party (NDP).

These many cases of violations expose that not only is Canada dependent on mining and plundering resources locally and abroad— Canadian mining operations have also raised eyebrows when it comes to the use of paramilitaries and to its long history as an arms exporter— which put Canada's peacekeeping reputation in question.

MASS WEAPONS AND THRASH EXPORTER

In 2019, Canada came under fire for its dumping of garbage and toxic materials in the Philippines. Some of those are even filled with rotting Canadian waste that dates back six years, as over 69 Canadian garbage containers were abandoned in the Philippine ports.

Canada's many years of blind ears on this garbage matter angered Philippine President Rodrigo Duterte to the point of declaring war on Canada. It was only when the Philippines declared war that Canada took back its stranded garbage. The ship of rotting Canadian garbage sailed from the ports of the Philippines back to Canada and docked at the Port of Vancouver on June 29, 2019— just in time to celebrate Canada's 152nd birthday.

This saga gathered international attention in regards to the diplomatic relations between Canada and the Philippines, and also served as an exposure of Canada's systemic violation of international laws surrounding the disposal of waste and of the growing global problem of plastic waste.

This saga between Canada and the Philippines over stranded garbage notably was only a couple summers ago. Yet it continues to bring up the question: Do recycling and government-funded green initiatives truly work? Because why then did Canada have to export its garbage?

Cotton
Cotton Candy
Cotton Candy Skies
Candy Skies
Candy Skies

By Mildred German

Have you laughed for no reason?
Laughing, gasping, barely catching breath
Choking, bursting, tears of joy rolling I like
to laugh with no particular reason I like
that I see both - the irony
And the celebrations

I like that I am a funny person
A gem, a rare piece of diamond
A star yet to be discovered
In the depth and dwell
Of universal isolation
Evoking laughters, dreaming dreams

I like that I, too, can be alone
With my own laughters and tears
Safe, sound, in solemn moments
Of being, of existence, the bliss
This monumental eerie haunts

In the dusk of darkness around
I am not just a cotton candy cloud
Typically to be looked at, adored at
It is a rollercoaster ride, wild
Twinkling lights and mysteries around

Is bliss too much to ask for?
Stress-free, safe, and sound-
Carefree, free, sovereign
Sweet, pluffy, cotton candy skies
Here I am, I love me being me
Rainbow-loving, gay, and peculiar

Reduce Food Waste

SIMPLE, EASY AND PRACTICAL WAYS TO REDUCE WASTE

BY DANA GREEN REMEDIOS,
HOLISTIC NUTRITIONIST

The idea for this post struck while I was living in Nicaragua. I saw a different approach to food and packaging. In my experience, my Nicaraguan friends did not recycle, and the chickens and pigs ate what might be composted. However, they practiced “reducing” much better than back home. They “reused” everything in creative ways, after “using” them up much more than I was accustomed to.

In Vancouver we must try to reduce. We need to get better at reusing. In fact, many of us do not even “use” let alone “reuse”. Most people waste food. We’ve all been guilty of wasting food at some point or another. We either can’t seem to manage our kitchen flow and cannot get the right number of things we need and do not know how to use up the rest, or we prepare more cooked food than we care to eat, or perhaps we forget all about that head of lettuce that got shoved to the back of the vegetable drawer. Now we must toss it or compost it.

And for those amongst us that do NOT compost...

DO YOU KNOW HOW LONG IT TAKES FOR A DISCARDED HEAD OF LETTUCE TO DE-COMPOSE IN A LANDFILL?

A month? 6 months? A year? More like... wait for it...25 years.

YEP. Twenty-five Y – E – A – R – S!

That is cray cray, as the kids say. Unfortunately, food waste is a tremendous problem.

Not only are there people who don’t have enough food, both near and far, and possibly including many of the readers of the article, but also this disposed-of food rots in landfills and creates methane, wreaking havoc on the environment.

Wasted food is wasted money. Money we could use for other things. And considering the rising costs of food, that is not something anyone should scoff at. Between 33-50% of all food produced globally is never eaten, so it is not just us, either.

Now, I know that this is a problem for governments and local organizational and regulatory bodies to address. We the people should not be out here single-handedly responsible for surviving rising costs. It is not all up to us to learn to not waste lettuce as the singular way to address a systemic problem.

However, learning to be a better kitchen manager IS an important part of the puzzle. Home economics is a true value skill. We DO need to know how to use up the food we make and forget to make. It is good for us, the planet, our piggy banks, and more. We need to have these skills to pass them on, too.

If we just take a little time to be proactive, we can a true value skill. We DO need to know how to use up the food we make and forget to make. It is good for us, the planet, our piggy banks, and more. We need to have these skills to pass them on, too.

If we just take a little time to be proactive, we can reduce food waste, make the planet a better place, and put our resources to better use. Win-win!

Ways to cut down on food waste:

REARRANGE PRODUCE

It can be helpful to clean your refrigerator out first and start out on the right foot. When I know everything is in a tiny holder or container I feel a million times better. Bring on the labels!! If you have clear containers, or shallow trays, organize things so that light gets into the corners, items slide out and you can look around easily.

Once your refrigerator is clean and tidy, begin the practice of moving older produce to the front of your refrigerator. After your grocery shopping trip, put the newer items behind the older items. You'll be more likely to use up the older stuff first before it goes bad if it's in plain sight.

PLAN AHEAD

If you grow food, great. Most people need to shop. So, plan things out before you hit the grocery store. While the Farmer's market may give you the option of a more custom amount, some grocery stores only sell red peppers in 2s or 6s. If you know you are making a recipe with a pepper, be sure you have a recipe for later in the week to use the other one, or 5.

Make a habit of setting your menu each week and shopping smart. As hard as it may be, stick only to the perishable items that are on the list and just buy enough produce items for what you need that week. If you run out, you can always take a quick trip to the produce-only store — they tend to have much better prices and smaller amounts at a time compared to the chains anyway. But if it goes to waste, it's useless.

ACCOMMODATE YOURSELF

If you find planning your eating or looking for recipes to be stressful or a time-wasting frustrating exercise, have compassion for yourself. Instead of beating yourself up for not being more eco-friendly, focus on getting your needs met.

Consider that your struggle is not a personal failure, it is just a situation where you need to keep looking for what actually works for you. Try on an attitude of curiosity, if you can.

Many people struggle, especially if ADD, ADHD, anxiety, fibromyalgia, an eating disorder, any kind of neurodivergence, etc. is present.

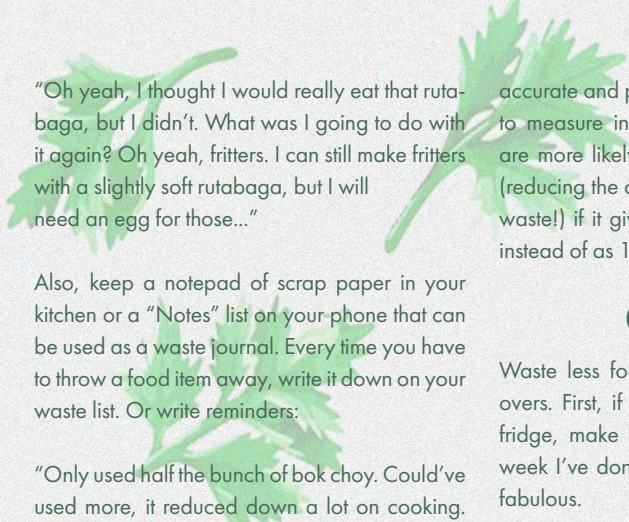
You don't need to feel guilty or ashamed! It just means that in this area, you need more support than some other people might. Try to access some support, if you can, even if just from an organized friend, or [get tips](#) or [ideas from public figures](#) or make use of [specific tools for folks with ADHD](#).

Understand that the more you can turn UNKNOWN INTO KNOWN the more you'll feel motivated to tackle tasks. If you can over time, work through any traumas or eliminate any bad feelings associated with shopping, cooking and eating, including feelings of ambiguity or lack of clarity. It will be worth it!!

If you have ADHD and find recipe websites distracting, or you waste time reading the preamble stories before the recipes, try using [www.justtherecipe.app](#). You can put the recipe website into the engine there and it gives you a simple list of ingredients (very handy for shopping) and simple instructions, no life story.

TAKE NOTE

Now that you are clear on what you still have from before... figure out why you still have it. What's the block?



“Oh yeah, I thought I would really eat that rutabaga, but I didn’t. What was I going to do with it again? Oh yeah, fritters. I can still make fritters with a slightly soft rutabaga, but I will need an egg for those...”

Also, keep a notepad of scrap paper in your kitchen or a “Notes” list on your phone that can be used as a waste journal. Every time you have to throw a food item away, write it down on your waste list. Or write reminders:

“Only used half the bunch of bok choy. Could’ve used more, it reduced down a lot on cooking. Rutabaga was ambitious. Barely used in time, luckily it lasted to make fritters.”

This will help you keep track of what you throw away so you can see patterns. You can use this knowledge to plan better and waste less. For example, if you notice you’re always throwing out lettuce, you may need to plan on better storage for it or buying less than you usually do.

Once you know what you can use up quickly compared to what you cannot, get the [Flash Food app](#), and you can take advantage of food at the store that is close to the end of its life. Held in special cases at the front of Superstore, you can pick this up for a great savings and keep it out of the landfill.

TUNE UP YOUR TOOLS

A nice kitchen with the tools to cook healthy will make it easier to do so. What you have to store food, weigh food, and make food makes a difference to your desire to cook.

Get to know weights and measures and how much of each item your recipes call for. No need to buy a large whipping cream if you only need a quarter cup for the recipe, right? If you can get yourself a cheap scale or find one that someone else is not using, pick one that is accurate with light weights. A lot of recipes are a lot more

accurate and predictable when you use weights to measure instead of volume. Meaning, you are more likely to have a recipe turn out well, (reducing the chances of a bad recipe reducing waste!) if it gives you the measures as 125 mL instead of as 1/2 a cup.

GET CREATIVE

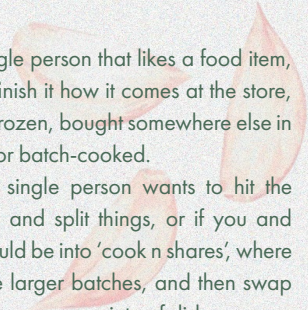
Waste less food by getting creative with leftovers. First, if you have odds and ends in the fridge, make it a challenge to use them. This week I’ve done it three times - each meal was fabulous.

If you have internet access, that’s gold. There are free sites like www.myfridgefood.com where you can input ingredients and out pops a recipe idea. This helps you use up what you have.

Some options to use up bits of produce and proteins, include a stir-fry, okonomiyaki (essentially this is Japanese for ‘whatever you like’), soup, stew, or a “bowl” with a yummy sauce. Oh yeah, herbs should always become a sauce while they can, before they go bad!

Mid-week, take the time to make it a leftovers night. You can either serve it up as original or jazz it up with some of your other on-hand ingredients.

Got too much of a good thing? Invest in proper storage containers and freeze it for later use. Just be sure to label it and date it so you’ll use it in time.



If you are a single person that likes a food item, but can never finish it how it comes at the store, see if it can be frozen, bought somewhere else in a smaller size, or batch-cooked.

See if another single person wants to hit the stores with you and split things, or if you and your friends would be into ‘cook n shares’, where you each make larger batches, and then swap to give each other more variety of dishes.

SCRAPS INTO STOCK

You can see all the veggie scraps and bones that were saved to make a healing bone broth. You can turn your food scraps into a stock that can be used now or later. Works for vegans and meat eaters alike!

Whenever you're peeling carrots or chopping celery, save all the scraps you have left over. This goes for all veggie scraps — toss them all in a wax wrap, silicone pouch, or a ziplock bag (preferably lined with a cloth or parchment paper to avoid the plastic contamination) for the freezer and save those scraps.

When your bag is filled, you can use it to make a stock for soups and stews, or for use in sauces. Keep onion ends, keep bones, save em up!

THINK SMARTER

Think smarter with the produce you buy. Your kids might not like the way the bananas look when they start to brown, but you know they're still good to eat. Try peeling and cutting up the bananas in slices and freezing them to throw in smoothies. [Or, turn it into banana bread. My friend just baked some and it smelled SOOO good going into her house.]

Also, did you know, there is a lot you can learn about how to properly store your produce. Consider buying long-lasting produce that doesn't spoil quickly to reduce waste each month. Some lasting produce includes onions, oranges, potatoes, carrots, celery, and apples.

PICKLE IT

When in doubt, pickle it. It is not hard, I promise! It is also inexpensive. Fermented and pickled fruits and vegetables are all the rage — so when you find you've got more than you can eat before it spoils, consider pickling it. It is way easier than you might think — easier than fermenting!



Onions are some of the most resilient vegetables you can have in your kitchen

PASS IT ON

When you have plenty, you can have people over to eat, bring bushels of extra zucchini to your neighbour, and hope they will do the same for you later. When all else fails, please donate food you can't use before it goes bad.

Your friend at work might be happy to have some extra vegetables mid-week, or the local soup kitchen will be delighted to have something that can be used to help feed those in need. If you bought a spice that you never use, give it to someone who will!

There is a new app called [OLIO](#) that you can [download](#) to most tech devices. It's essentially a food sharing app to share your surplus foods with those in your area that need it. It works in Canada, but it collects location and some personal info, and has a lot 'pop-ups', so use it with that in mind.

I hope these ideas made a difference and made saving food and diverting it from the landfill seem way easier to accomplish.

What tricks do YOU use to limit food waste?

Lotus Pond of Tea

by Rémi Landry Yuan

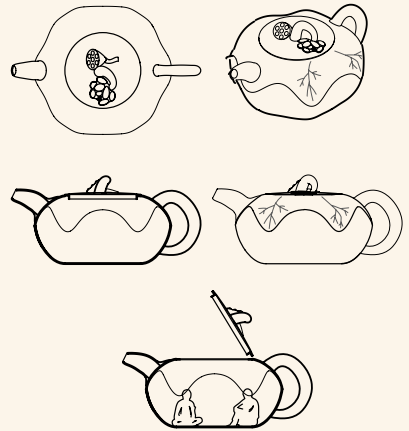
I believe the root of all interactions can be traced back to food or beverage. No beverage is more symbolic of trade, discussion and cultural exchange than tea. Here I am speaking specifically of the tea native to east Asia and parts of south asia, that is *Camellia sinensis*. Interestingly enough, white, green, black, Oolong and Pu'er tea all stem from the same plant. Where they differ is the oxidation, preservation and processing of the tea, leading to a variety of flavors.

The silk road introduced all kinds of exchange between groups, tea being a commodity, it was also a consumable good, where individuals could socialize, discuss business or simply enjoy time together over tea.

With such a rich history, I thought how could I begin to materialize the essence of tea in a physical space. To ground myself to something material, I was inspired by a 19th century Chinese clay tea pot found in the UBC museum of anthropology, molded into the shape of a lotus leaf, and adorned with the lotus flower sitting atop its lid.

The lotus is also very symbolic in many cultures throughout Asia, symbolizing rebirth, growth, purity and strength. The leaf, serves as hydrophobic tarp, draped across the pond, creating a connection between adjacent plants that live among it. These elements serve to inspire the garden of lotus, where The flowers represent spaces of solitude, reflection and thought, where tea can serve its purpose to invigorate and enrich your body, mind and soul.

The leaves serve as gathering spaces, where friends, acquaintances and strangers can exchange stories and experiences, using tea as a common ground of reunion. The root, is the vitality of the plant, while it provides nutrients to the lotus, it is also a highly consumed food throughout east Asia. The lotus root can be sliced and braised, fried, chopped into chunks and boiled, providing crunchy and rich flavor, with a smooth interior if boiled. The seeds can also be harvested, and used for sweet pastes in desserts. In this space, the root is represented by the pathways, creating connection between the leaves and flowers, cutting through the pond and forming a network.



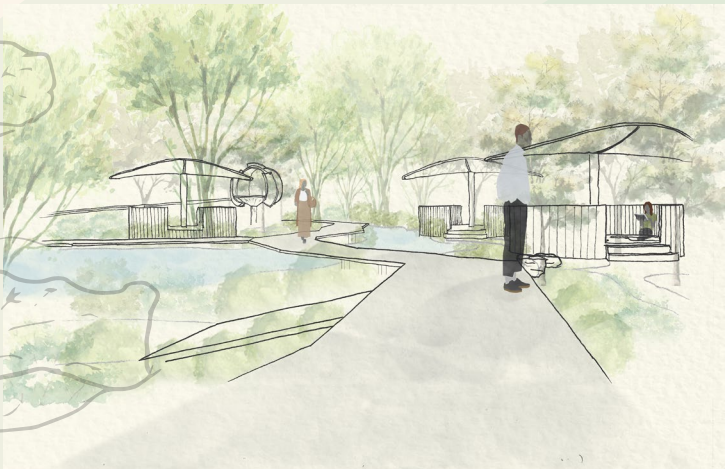
Lotus Leaf Clay Teapot
19th Century - Jiangsu, China
1:2



lotus leaf gathering space - adjacent to water and pathways



lotus flower pod - space for solitude and reflection



pathways above the pond - connecting leaves and flowers, spaces for exchange

I often get asked if my projects are real, or if they're built, and the simple answer is: no. But does it matter? Maybe not really.

I think what matters more is the exploration of a relationship, cultural exchange and occupation of space. The lotus pond project served as a reminder that food permeates everything we do, from the way we think, the way we interact with each other, and ultimately the space we inhabit.

The pond serves as an exploration of food and culture materialized into a livable space, reconnecting us to elements that we typically push to the side, embracing our food as something to enjoy and cherish, rather than a simple consumable necessity.

The simple act of exploring this idea is enough to spark a conversation and inspire others to incorporate a wider range of subjects into the spaces we inhabit. Through various medium, digital, watercolor, sketching, visiting traditional garden and understanding their organizing principles, we can better begin to understand that our world is more than just the materials and shapes that we can see.

So while this lotus pond will not be built, it doesn't make it any less real than the world we live in, the feelings we embody, and the experiences and stories we carry and share.





lotus flower pod - views onto the garden and adjacent waiting spaces



DTES - Still Life of Free Charitable Food

The odor of over-boiled beans
seasoned with despair

Clutches like an invisible
fog over the tree-tops in
Oppenheimer Park

Powell Street - polka dotted
with tilted, half-filled bowls

of pale, watery soup

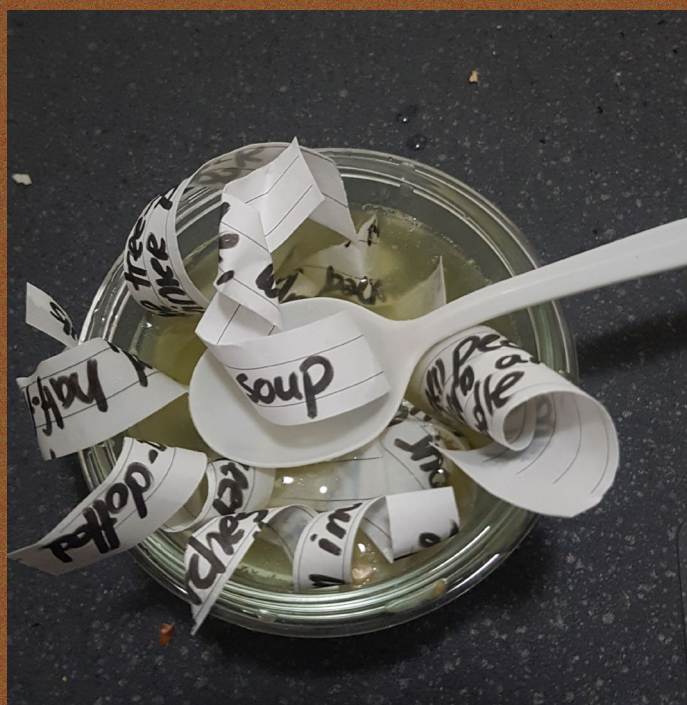
Wrinkled frozen peas and,
shriveled corn amongst
stray ramen noodle

Do hot dogs really qualify
as a meal?

Antonietta Gesualdi
2022



Makeshift breakfast with morning reading - DTES 2021
(photo by Antonietta Gesualdi)



Word Soup
(photo by Antonietta Gesualdi)



Art by Mildred German



3 panel acrylic painting by Rémi Landry Yuan

Reflections of Self Love!

BY JENNIFER COOLEY



~To love someone~
I sit here and try to
remember
another thought that's lost
from my mind,
A world sublime
only so many people left
still out to be kind
to read the words
from the good book
and try to adhere
to what it says in there
it makes the mind dizzy
sometimes
as you try to find a way
to still get along in the
world, Some way?
When you want no part of
the hunger and greed
You get another paycheck
and read,
Ask yourself what to do
the numbers are a reflec-
tion of you.
As to how much you can
do

win, lose, or draw
who is it that saw
the future that still awaits
as you try not to bite
the bait,
Debts up to your eyeballs
it's too late
another night
of going to be late
trying to understand
the point of it all.
Don't ever give up
Don't ever give in
to the life you're
trying to win;
so when they lay your
body to rest
you'll have accomplished
something to have left
behind
giving you that peace of
mind,
Do unto others as others
do unto you
set the records straight
it's never too late to define

the understanding
differences
of each of our destiny's
(fates)
and what it means
to you and me
to live for real
and no your deal
as the smile lays to rest
upon your face,
knowing you've won
another round in life,
as the world turns upside
down
so now put the good book
down
and smile
for knowing how good you
are
Reward yourself,
with a piece of chocolate
cake,
Tonight you've won
the joy in knowing who
you've become
To love someone!

LET'S

BE

HUMAN

AGAIN

by Shannon Hecker

*Let's be human again
Breathe in
Breathe out
Don't Think
Feel, Love Each other
Wind, Fire, Earth & Water
Elements will guide us again
Cycles of seasons in replace
of Work Clocks
Return to the whole
Let's be Human again*

TIME

by Rémi Landry Yuan

Always forward, never backwards.

It marks endings, and beginnings.
Whether its marked or not, it continues, rolling forwards steadily.
Some feel the need to utilise every second of it, maximizing and obsessing
Others live without thinking of it
Menial tasks have no implication on its constant flow

With a lack of worry towards it,
we find ourselves being able to grasp small moments,
leading to introspection and greater thoughts.

Pessimism would lead one to believe it's the beginning
of something bound to become nothing but memories.
We spend time creating memories from our dreams.
Dreams turn to reality, a temporary reality, which turns to memories.

The future will be the past passing by.

Satisfaction can only be judged subjectively.
How can one gauge how they use their time if they do not know a better reality?
Working towards greater goals, feeling success in different ways.
Continuously moving forwards, squeezing every second out of life,
passing by people who create the fondest memories.

The average world lifespan is 70 years.
35 years, halfway done or accomplished?

Memories.

To remember the fondest dreams that aren't just dreams.
Reliving moments that could only be written about.
To relive our past.
These memories from dreams are so fond,
the line between memory and reality becomes blurred and lost.

Quickly we can find ourselves lost in these memories,
trying to slow down, not to get too far from them.
We don't realize that even if these mould us to be who we are,
you are the only version of yourself.

Open your eyes, see who you are, never settle.
Instead of slowing down, we need to push forwards,
towards our goals and passions, new dreams, as we move with time.

Just like that, another day is finished.

Did you let it pass you by?

Grab it while it passes by you, because before you know it, it'll be gone.
Always forward, never backwards.

Interested in contributing your ideas, articles, poems, artwork, photography, social media skills or something else to Right to Food Zine?

As a community partner, we are deeply interested to hear from you and what you feel is important. Get in touch with us by emailing rtfzine@gmail.com or connect with us on Facebook or Instagram. We are our own media and completely volunteer-led.

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Artwork by Félix Landry Yuan

August 3-13, 2022

8th annual

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