



## SUBLIME SODA

In Seattle, the curious can pop into Dry Soda's Tasting Room for complimentary tastes, just as they would if they were visiting a winery. "Because Dry Soda is so much different than a traditional soda, we wanted to offer an ideal place to gain insight into our product," says founder Sharelle Klaus. Throughout Klaus's four pregnancies, she became tired of the lack of sophisticated non-alcoholic beverage options, and the idea for a "modern soda shop" was born. "My husband and I would be sitting at dinner, and he'd have hundreds of great beverages to choose from, while I was stuck with water, herbal tea, or juice. Who wants to pair those with a fabulous meal?" she recalls. Each of the creative flavors—Vanilla Bean, Juniper Berry, Lavender, Lemongrass, Kumquat, and Rhubarb—contains just four, all-natural ingredients. Flavored with extracts of fruits, flowers, and herbs, and sweetened with cane sugar, Dry is a good-for-you alternative to ghoulish high-fructose corn syrup recipes. And, sold in recyclable glass bottles, they're good for the environment, too. [www.drysoda.com](http://www.drysoda.com)



## GREEN READING

"I was raised to care about our earth. I don't know any other way," says Brooklyn, New York-based registered dietician, Jackie Newgent. "However, there was a 'call to action' as I was sitting in a movie theater watching Al Gore's *An Inconvenient Truth*, which made it crystal clear to me that our environment was being threatened like never before. That's when I realized that I needed to do more; I needed to share my insights with others." And Newgent's done exactly that with the release of *Big Green Cookbook: Hundreds of Planet-Pleasing Recipes and Tips for a Luscious Low-Carbon Lifestyle* (Wiley). The comprehensive book is filled with 200 seasonal recipes, all built around lowering one's carbon footprint. "My cookbook is not just plant-based and developed with seasonality in mind, it focuses on energy-wise cooking, preventing waste, and much more—including assuring every recipe tastes great," she explains. She also sprinkles the text with clever, helpful eco-culinary techniques, like "lid cooking" and "hyperbaking." For this iffy transitional time between winter and spring, when we're tired of soup, and not quite ready for asparagus, Newgent suggests "purposely flexible options" from her book: Partyin Pasta Salad, Thai a Soba Noodle, and Made-in-NY Cheesecake. "I especially love these particular recipes as they make delicious leftovers," she says. "Or, as I prefer to say, 'vintage cuisine.'" [www.biggreencookbook.com](http://www.biggreencookbook.com)