

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

— Dr. Seuss, "The Lorax"

Here it is once again--my annual holiday Eco-Shop gift guide, a specific idea resource for those of you who want to shop sustainably but feel short on time or ideas. I've done a HUGE amount of browsing *for* you!

Complete with links, this guide will help you find perfect gifts that would be fun and fabulous even **if** they weren't eco-conscious (but they are). I urge you to consider shopping at these and other eco-retailers --and to make gift choices that reduce /reuse and support peace, sustainability, health and kindness.

Neither the harsh realities of our world nor the advisability of reduced consumption will stop Christmas from coming. And rightly so: this is a time when most of us *want* to give wonderful gifts to those we love. But when we do consume, it's important to be thoughtful and purposeful. This guide can help.

In today's world, it's more meaningful than ever to shop in ways that shun violence to all living things. We clearly cannot prevent *all* violence or environmental damage--but our dollars pack tremendous impact. We can choose whether that impact is positive or negative. Some violence you *can* prevent. Some damage you can avert. Your purchases have power. What better time to exercise it than this season of love?

I've been shopping this way for years, voting carefully, rigorously and scrupulously with my wallet. I know how easy, fun and satisfying it is to find sustainable alternatives to mainstream items. I think you'll find it gratifying and rewarding as well. It is my pleasure to have assembled this guide to get you started.

This is my **BIGGEST GUIDE YET**. There are so many new options for eco-shopping it's hard to keep up with them all! For the first time, I am offering over **ONE HUNDRED** ideas instead of the usual 50. (I've noticed this year there has been a mushrooming of "Top 50 Green Gift Idea" articles in magazines. Just remember you saw it here first! ;)) This year I added about FIFTY NEW ITEMS, while keeping most of last year's popular favorites on the list as well. You won't find a more comprehensive collection anywhere!

Remember also that I have a sideline service called **The EcoShopper**. Believe it or not, I have many more ideas than are in this catalog! I can expertly custom-find items like these *just for you and your loved ones*--if you feel like you need more variety, and/or want all the shopping done for you. You can go to www.theecoshopper.com for more info. I still maintain the original FREE list of eco-shopping sites/links on my author website at <http://www.bodyfueling.com/Eco-Shopping.html> for your own shopping convenience.

A reminder: this guide is a labor of love. I don't receive any monetary or material reward for promoting any of the companies or products on these pages. I recommend what **I** think are delightful items that meets my standards for environmental integrity and social justice--period. I do this because I want people to feel good about living lightly, simply and peacefully; to learn that you can enjoy gifts and goods aplenty *without* compromising sustainability and eco-minded values. **YOU CAN DO IT, AND IT MATTERS.**

Gifts like these represent the ultimate in generosity. What could be more joyful? **Please browse and consider choosing truly GREEN this year.** You'll save time and money--and we'll all be healthier!



A peaceful, hopeful holiday and winter season to all.

~ ROBYN LANDIS, November 2006
author, activist, musician, and personal Eco-Shopper

Robyn's Top 100+ Holiday Gift picks 2006

the biggest ever collection of ideas for people who want to give cool stuff AND make environmentally sound choices

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1. Eco-Fleece scarf by Point Beach Outdoors. \$11.

Nice choice of colors, generous size, soft feel--and made of recycled soda bottles so you can feel extra good about it! A great winter staple for anyone on your list, and the price is so right! (They have a fantastic selection of hats, vests, gloves, jackets, pullovers and way more--all eco-fleece--at amazing prices! Go eco-fleece this Xmas!)

<http://www.blueiceclothing.com/products/accessories/ecofleecescarf.htm>



2. Wildlife Works organic cotton t-shirt or tank. \$10-\$30.

The tees are cool and trendy, the fabric is organic cotton, and a hefty 20% of the proceeds fund community projects. Wildlife Works employs 50 people in the Kenyan village of Maunga, at a 20-acre rammed-earth Eco-Factory site to provide jobs for the community. Wildlife has built several schools, and they're teaching farmers how to protect their farms from animals without resorting to lethal methods. Talk about a win-win! Now they sell sheets, jackets, yogawear and more too!

<http://wildlife-works.com>

***NEW FOR 2006!**

3. Quaderno Small Recycled Notebook (set of 10). \$19



These chic Italian notebooks are faintly retro, reminiscent of the composition books provided during essay exams. But these are much better--delightful colors, and made from recycled paper! The "l'impronta umana" referenced on the cover literally translates to "the human print"--these are waiting for a mark. Set of ten 4.25" x 6" notebooks in a rainbow of colors--one of each--tied in raffia. Give as a set or stuff one per stocking! 48 plain blank pages each; off-white 100% recycled paper.

www.vickerey.com

**"If you want to change government,
you have to aim at changing corporations,
and if you want to change corporations,
you first have to change the consumers.**

*--Yvon Chouinard, Patagonia founder,
from his book [Let My People Go Surfing](#)*

6. **Recycled Fleece Throw Pillows.** \$25
This VERY cute and super-sustainable fleece quilted patchwork throw pillow from Blue Ice, made from *recycled fleece scraps* is a great value!
<http://www.blueiceclothing.com/products/quilts/fleecepillow.htm>



7. **Bamboo Sleep Slip.** \$22
Soft as silk and much more sustainable; sexy and cute. In a wide array of colors. Bamboo is a wonderfully soft and sustainable fabric--check out the t-shirts at Shirts of Bamboo too! (Or do a Google search for bamboo clothing to find the full range available!)
<http://www.shirtsofbamboo.com>

***NEW FOR 2006!**



8. **Boku Trio.** \$6
What a fantastic (and sustainable) little gift for a stocking stuffer, for the stationery aficionado, the note-taker, the young writer... These adorable "mini-books" made of 30% tree-free kenaf fiber and 70% recycled paper come in a set of three and are wrapped with a ribbon, making them a perfect gift. Each Boku Trio (3" x 1.75") features a spring leaves pattern on the outside, blank pages on the inside, and sport four colors: Black, Honey, Garnet, and Sage. Perfect for a wide variety of note-taking needs; a must for purses, brief cases, and desk drawers. Kenaf is a 4000-year-old crop that originated in Africa and now grows well in many parts of the U.S. The plant's fiber yield is nearly five times greater than that of Southern Pine trees, and requires no fertilizers or pesticides for growth. Kenaf fiber papers are energy efficient to process, while using fewer chemicals and no chlorine compounds.



www.veganunlimited.com/17010.html

(Many local bookstores carry Boku notebooks in all sizes as well.)

9. **"I'm Organic" wristband.** \$2.29
Wear your organic statement on your wrist! A great stocking stuffer for the staunch organic enthusiast. And a great new store (imorganic.com) to explore for more gifts--fabulous tees for babies, kids and adults, lunchbags and more!
http://www.imorganic.com/index.php?cPath=8_13

***NEW FOR 2006!**



***NEW FOR 2006!**

10. Water Powered Clock. \$11.95



A fun, environmentally-friendly green product! This working clock runs on water. Uses no batteries, no solar cells, no electricity! Powered by water, fruit juice, soft drinks, coffee, or just about any electrolytic fluid. To run, simply select the “fuel” of your choice and use it to fill the clock's “fuel cells.” Set the time and date, and off you go! Experiment with different fluids to see which works the best and/or the longest. Features a cool translucent “iMac” style body with silvery chrome face and huge digital display. Applies concepts of over-potential and charge transfer across interfaces (or just use it to tell time). Very, very cool. Great for kids (or kids at heart).

http://surprise.shop.com/op/~The_Amazing_Water_Clock-prod-9299754

***NEW FOR 2006!**

11. Bamboo To Go Utensils. \$21

This utensil set of sustainable bamboo offers a low-impact solution for life on-the-go. For the gift recipient who relies a lot on take-out food, or for the hiker or traveler. Instead of using a lot of disposable utensils, this handy, lightweight and tidy set provides a positive choice--and a little more elegance and comfort. The 100% cotton case is hand-woven by craftswomen living in refugee camps on the Thai-Burma border--sales provide income to the women and their families. Can you beat that?



www.vickerey.com <http://www.environgentle.com/itemwin.php?itemId=1194&categ=32>

***NEW FOR 2006!**

12. Buddha Nose Immune Booster Spray. \$15-\$18

Great practical aromatherapy gift for the individual or family who's exposed to lots of bugs (and who isn't these days?). The anti-viral and anti-bacterial properties of this special blend of essential oils bolster the immune system against infection. Wild-crafted ingredients include the essential oils of Clove Bud, Cinnamon Bark, Lemon, Ravensara, Eucalyptus Globulus, Thymus Vulgaris and Oregano, blended in distilled water and vegetable glycerine. 4 oz.

<http://www.beautyhabit.com/buddhanose.html>

<http://www.peacefulcompany.com/detail.aspx?ID=4654>



***NEW FOR 2006!**

13. AromaSoy Pocket Candle by Bluewick. \$5.99

A perfectly lovely *and* useful stocking stuffer or small gift, the AromaSoy Pocket Candle is the ultimate for portability and convenience. Exceptionally pure and responsible, it features 100% vegetable soy wax purchased from farms in the USA; a cotton paper/core wick that is zinc core and lead free; a seamless recycled aluminum tin made in the USA; and natural, essential, and fragrance oils. Individually hand poured and packaged in Los Angeles, California. Will burn for approximately 10 hours. Available in four scents: Casuda (lavender eucalyptus), Dewberry (grapefruit black currant), Madison (grapegrass), and Tangier (tangerine vanilla).



<http://www.veganunlimited.com/18002.html>

- 14. Recycled Glass Mugs.** \$3.95 each
Can you have too many of these simple but beautiful basics? Unlikely. These handmade, 100% recycled glass mugs are the perfect addition to any kitchen or office. Well made, these mugs are the workhorse of the kitchen and can be used for hot or cold beverages. As with any recycled glass product, these mugs are dishwasher safe but not recommended for the microwave. Made in Spain. Holds 10oz.
http://store.greenfeet.com/ItemMatrix.asp?GroupCode=6002-00001&MatrixType=1&WT.mc_id=Shopping6002-00001



***NEW FOR 2006!**

- 15a. Dagoba Organic Chocolate Covered Coffee Beans.** \$10
For the caffeine addict in your life: convenience and gourmet elegance in one gift! Dagoba Organic Chocolate Covered Coffee Beans are perfectly roasted, organic coffee beans are covered with a special organic dark chocolate blend and then dusted with organic cocoa powder. Fair trade certified. 4 oz.
<http://www.veganunlimited.com/food-chocolate.html> or at local stores (PCC, Whole Foods, etc.)

- 15b. Dagoba organic hot chocolate.** \$8-10
This European-style mix with bits of dark chocolate will warm up your lucky recipient any day of the year. Just add heated rice milk, soy milk, or your favorite milk substitute for a very sweet, rich decadent and special treat. Fair Trade Certified. 12-oz. canister.
<http://www.veganunlimited.com/food-chocolate.html> or at local stores (PCC, Whole Foods, etc.)



***NEW FOR 2006!**

- 16. Bamboo lacquerware bowl by bambu.** \$15
Great for a small serving of soup, salad, cereal or snack mix. Available in a wide range of colors, these bowls fit well with any style of décor. Each bamboo bowl is coiled by hand and finished with a unique lacquering process that impregnates the bowl with 18 layers of natural food-safe lacquer. Cleans easily with warm soapy water and a damp cloth. Measures 6" x 3-3/4." The bambu Boutique at Greenfeet.com also features many other wonderful gifts--bambu products are handsomely designed and wonderfully made, and oh-so eco-friendly.



http://store.greenfeet.com/bambu.asp?Cc=BAMBU_STORE&WT.mc_id=BambuGF

***NEW FOR 2006!**

- 17. Sundance-Made Wine Tumblers.** \$58 set
Gorgeous, distinctive and very eco-friendly! Glassblowers from Guadalajara, Mexico, melt down bottles from beverages enjoyed at Sundance Resort eateries, then blow the 6-oz. tumblers in clear, green and amber hues innate to the recycled glass. Colors, sizes and shapes vary slightly, so each piece is unique. Set of six, two of each color. 3" Dia. x 3 1/2"H.



Give with a nice bottle of organic wine, even better--see #63!

<http://www.sundancecatalog.com/shopping/product/detailmain.jsp?itemID=8047&itemType=PRO DUCT&iProductID=8047>

18. Trillium Organics Roll-On Scents. \$11.49

A natural alternative to chemically-based fragrances, these organic roll-on scents are made to uplift and rejuvenate. Expect compliments. A delightful stocking stuffer.

Available in four scents: Love (spicy and sexy,) Play (sassy and invigorating), Work (awakening and focusing), and Rest (mellow and soothing). 1/3 oz. roll-ons. 100% organic pure essential oils.

<http://www.veganesentials.com/>

19. Notebooks/sketchbooks with recycled album covers . \$10.95-\$18

Hey, I wonder if I can recycle my 200+ defunct albums... Anyway, these cool SKETCHBOOKS have die-cut album jackets for front and back covers--and 80 pages of paper made from 100% recycled denim blue jeans! How cool is that? Each book is one-of-a-kind.



Artists and albums vary. \$10.95

<http://www.greenfeet.com/vinylux-album-cover-sketchbook-small-.html>

(**greenfeet.com** is a great gift site!)

NOTEBOOKS available for \$18 at **Eco-Artware**, another great gift site.

<http://www.eco-artware.com/catalog/JD5-album-notebook.shtml>

20. Organic Cotton Towels. Wonderful practical yet luxury gift. You can't have too many! So many wonderful new (and old) sources to choose from. Try:

<http://www.mamasearth.com/towels.htm>

<http://lotusorganics.com/detail.aspx?ID=178>

<http://www.gaiam.com>

http://www.vivaterra.com/pls/enetrixp/!stmenu_template.main?complex_id_in=482007.486161.1268916.491777.page



21. **Patagonia gift certificate.** *Any amount.*

Too many wonderful items to list! This ideal model of a larger company combines retail profitability with rigorous good stewardship and integrity. *All* their cotton is organically produced, all their fleece is made from recycled soda bottles, all their stuff is super-quality, *and* 1% of all sales goes to environmental causes. A gift card lets your recipient choose, whether it's a \$28 pair of silkweight organic boxers for the guy (very sexy! ;)), a \$32 ski cap, a \$20 organic cotton t-shirt, a \$76 organic flannel shirt or hemp corduroys, or a \$300 all-mountain weatherproof coat.

<http://www.patagonia.com>

Also check out Patagonia founder Yvon Chouinard's year-old book *Let My People Go Surfing!*, a fascinating history of the company's rocky path to leadership and a primer on an iconoclastic business model and its eco- and people-conscious philosophies. Great read, great gift.

<http://www.amazon.com/exec/obidos/ISBN=1594200726/authorrobynlandiA/>

***NEW FOR 2006!**

22. **Vegan Truffles and Chocolates.** Varies; about \$10 and up.

Our new favorite is **Sjaak's**. The Certified Organic Vegan Truffles (\$10.75) feature nine assorted incredibly delicious, 100% non-dairy, rich, creamy, classic vegan truffles. Flavors include raspberry, extra dark, and mocha.

Also try Sjaak's Certified Organic Vegan Chocolate Assortment (\$9.99) which contains nine incredibly delicious, European-style, 100% non-dairy confections: Mocha Truffle, Almond Crème, Raspberry Truffle, Pecan Caramel, English Toffee, Solid Dark, Almond Truffle, Hazelnut Crème, Peanut Caramel. The Holiday Nuts and Chews Collection (\$9.99) includes one piece each of Coconut Caramel, Almond Crunch, Pistacio Caramel, Peanut Caramel, Pecan Caramel, Nugget, Mocha Caramel, Cashew Cluster, Chocolate Caramel. And their bars (1.99 each) are amazing too!

All ingredients in Sjaak's chocolate confections are grown with strict adherence to the U.S.D.A. National Organic Program (N.O.P) regulations. No artificial colors, artificial flavors, preservatives, or GMOs. All chocolates certified organic by Global Culture. You can't do better! <http://www.veganunlimited.com/food-chocolate.html> or at local stores (PCC, Whole Foods, etc.)

or try



Belle of the Berries Organic Cordials From Lillie Belle Farms

Organic FRESH Strawberries, Marionberries and Raspberries straight from the fields of Lillie Belle Farms are the source of the preserves, lovingly wrapped in exquisite organic dark chocolate to create an assortment of cordials that is out of this world! Makes an outstanding gift--provided you can stand the temptation long enough to give them away. 12 pieces.

http://www.katescaringgifts.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=LB_BELLE_BERRIES_12_PIECE

Also see Allison's Gourmet at # 25!

23. **Pharmacopia Natural Hand Cream.** \$12-15.

There are many luscious natural and organic hand creams (as well as body lotions and other natural spa goodies) available today, this is an exceptionally nice gift choice. The Pharmacopia line is gorgeously packaged. This cream has wheat germ oil, vegetable glycerin, comfrey, shea butter, aloe vera, vitamins A, C and E, and custom blends of therapeutic-grade essential oils. Comes in Lavender, Rosemary, Ginger or Citrus.



<http://www.pristineplanet.com/details.asp?id=4423>

<http://www.vickerey.com> <http://pharmacopia.site.yahoo.net/> <http://www.beauty.com>.

For a complete list of pure, chem-free bodycare brands, see www.bodyfueling.com/ecoshopping.html

24. **Hemp Ecosneak,** \$30

Perfect gift for anyone looking for a Converse-style shoe.

Environmentally friendly and made with fair labor, the upper is 50% hemp (black) and the sole is 100% recycled rubber from factory floor waste (pre-consumer). They're assembled using water-based adhesives that provide for a cleaner working environment for factory workers and packaged in recycled content packaging.



<http://www.alternativeoutfitters.com/index.asp?PageAction=VIEWPROD&ProdID=452>

(

OR, ***NEW FOR 2006!** try the **No Sweat Sneaker** from **Global Exchange Fair Trade Online** store--another must-see gift site!

<http://store.gxonlinestore.org/swsn.html>



25. **Allison's Organic Gourmet Brownies.** \$22.95 + shipping per tray

Fresh organic brownies are decadent, rich, dark, chocolatey, chewy, soft...and vegan. A delicious gift! Voted best brownie on the planet by *VegNews* Magazine readers in 2004, and best online bakery in 2006. For a really indulgent gift, give the Brownie-of-the-Month Club subscription--your recipient will get a dozen of each month's new flavor--such as Double Chocolate Fudge, Hazelnut Crunch, or Chocolate Mint. All ingredients are certified organic. "Decadence with a conscience!" Allison's now also sells coffee, tea, cocoa, chocolates, truffles and gift baskets. It's a great holiday gift superstore for sweets!



<http://www.allisonsgourmet.com>

***NEW FOR 2006!**

26. **Bush Quoted T.P.** \$8.95

We may be stuck with him for a while longer, but at least we all still live in a country where we can tell him what a shitty job he's doing--literally! Do the patriotic thing and stock up on this environmentally and democratically friendly product for you and your friends. 100% recycled, individually shrink wrapped. Made in USA!

<http://www.environgentle.com/itemwin.php?itemId=1209&categ=57>



Organic cotton totes and string bags. \$6-10

Great for groceries, errands, beach, travel, packing a lunch or anything extra. Organic cotton canvas totes and string bags help save the environment not only by letting you avoid the use of new plastic and paper bags, but by shunning the use of chemicals in their production!

***NEW FOR 2006!**

27a. ECOBAGS Fiesta-Colored Organic String Grocery Bags. \$10
Wonderful, inexpensive but very handy and bright gift. Supports sustainability all year long--great for the market, the beach, or around town. Unlike ordinary models, they are 100% certified organic, from "seed to sewn." They can be carried over the shoulder or tied off to make them shorter. So easy to stow in a pocket, purse or glove compartment.

http://www.ecobags.com/Our_Products/Organic_Bags



27b. Basic Black Organic Canvas Shopping Bag. \$10

For the discreet, the dignified, maybe the sustainable guy...A certified organic black cotton canvas tote great for carrying lots of everything around. Sewn with sturdy 10 oz cotton canvas, double stitched at stress points. Size is 19" wide x 15.5" tall with a full 7.5" gusset and 27" handles. The tote is shaped slightly wider at the top than the bottom.

http://www.ecobags.com/Our_Products/Organic_Bags



27c. Or for only \$9, get a **blank natural-colored one**, and use natural paint pens or non-toxic fabric markers to create a custom design (great gift project for kids!)

http://www.ecobags.com/Our_Products/Organic_Bags

27d. Best Price: From Eden Organic Foods, only \$6.50.

Sturdy 18"x13" bag with a fold-out gusset bottom, convenient front storage pocket and long shoulder straps. U.S.A. -made of certified organic, cotton canvas and silk screened with environmentally-friendly ink. Double hand stitched for durability.

http://www.edenfoods.com/store/product_info.php?products_id=700650&ref_src=froogle&ref_id=froogle

28. Recycled Map Stationery Sampler Pack \$18

Chris Ryan, a publisher of outdoor recreation and guide books, once saw a foot-high stack of out-of-date U.S. government topographic maps and charts being thrown out. He turned the recycling of these castaways into a cool business!

This stationery sampler pack contains twenty-five sheets of 8-1/2" x 11" stationery and 85 envelopes in several assorted sizes. Each sampler consists of products from several different (outdated) maps. Map lovers and stationery lovers will dig this!

<http://www.eco-artware.com/catalog/GE1-map-stationery.shtml>



- 29. Zenergy Chime.** \$9.95.
 • Pretty sound, lovely for desk or coffee table, barely ten bucks!
<http://www.hippygift.com/zenergychime.html>



- 30. Tee, bumper sticker or button from Syracuse Cultural Workers.** \$1-\$20 depending on item... If you have a cause, it IS represented somewhere in the **Cultural Workers: Tools for Change** catalog in a tee, button, poster, postcard, bumper sign, mug, or book--probably in a very humorous or moving way! Check out the catalog, then delight someone with an inexpensive but meaningful thought.



This catalog is FILLED with great stocking stuffers.

QUICK PICKS:

- Organic cotton bicycle tee that says "We aren't blocking traffic, we ARE traffic."
- Button that says: "Peace is patriotic."
- Bumper sticker that says "Where are we going? And why am I in this handbasket?"
- Poster that details: "How to Build Community."
- There are many HUNDREDS of choices here--and just reading the catalog is a smile.

<http://www.syraculturalworkers.com/>

***NEW FOR 2006!**

- 31. Pangea Organics soaps and body lotions.** \$5-20
 • All the rage in the organic world! A fabulous and beautifully, sustainably packaged selection of face and body care lotions, soaps, creams and other skin treats. 100% plant-based



products, supporting health and well-being as well as organic and sustainable farming practices across the globe. NO artificial, synthetic or petroleum-based ingredients. High quality herbs and pure essential oils. Unusual and luscious flavors like--for body lotion--"French Camomile with Sweet Orange and Lavender" or "Chilean Red Clover with Geranium and Grapefruit." (or ten others). Extremely pure. Soaps come in fast-biodegrading recycled cardboard boxes.

<http://www.pangeaorganics.com> <http://www.vickerey.com>

<http://www.saffronrouge.com> <http://www.beautyhabit.com/pangea.html>

(also at PCC Natural Markets, Whole Foods and others)

***NEW FOR 2006!**

- 32. Staple Free Stapler.** \$6-8
 • For the office-o-phile. Less staples! The Staple Free Stapler cuts out tiny strips of paper and uses the strips to stitch up to 5 pieces of paper together. Environmentally friendly.

Safe for kids. Comes in five colors: black, blue, green, red, silver, and chrome.

<http://www.wrapables.com/jsp/ProductDetail.jsp?ProductCode=C07038&prodlist=surprise>

<http://www.restorationhardware.com>

***NEW FOR 2006!**

33. Energizer AA/AAA Battery Charger with Car Adapter. \$29.95

Your lucky gift recipient can recharge NiMH batteries on the go with this handy car charger. Unit can recharge up to 4 AA or AAA batteries at home, in the car or in a hotel room. LED indicators show charge status. Four AA NiMH rechargeable batteries are included, ideal for use in high-drain devices such as digital cameras and portable audio devices. Includes car adapter and home adapter.

<http://www.rei.com>

ACCESSORIES

Eveready Energizer Rechargeable NiMH AAA Batteries - 4 Pack \$12.95

Eveready NiMH AA Rechargeable Batteries - 4 Pack \$12.95

***NEW FOR 2006!**

33a. Rechargeable Batteries make a great stocking stuffer!

Rayovac Rechargeable NiMH AAA batteries (4-pack) \$12.35

Superior technology for digital cameras and other high-tech devices. Each package contains 4 AAA nickel metal hydride batteries. Last 2x longer than rechargeable NiCads in high-drain applications. Non-toxic to dispose. 1.2V, 700 mAh.

<http://www.goodhumans.com/Shopping/Nickel-metal-hydride/Rayovac-rechargeable-nimh-aaa-batteries-4-pack>

***NEW FOR 2006!**

34. Eco-Wool Blanket by Indigenous Designs. \$80

A beautifully sustainable gift for the home. Thick and luxurious, these blankets are an ideal companion on a winter's night. Made without any dyes, or chemicals--all undyed and unbleached natural wool--decreasing the amount of chemical runoff into the world's water tables. All the color is natural as grown. Great as a throw on a bed, or as a cozy couch companion.

<http://lotusorganics.com/detail.aspx?ID=225>



***NEW FOR 2006!**

35. Klean Kanteen Water Bottle. \$13 and up

A MUST-HAVE! Klean Kanteen is a reusable, light weight, risk-free stainless steel container that does not leach toxins into its contents. Recent studies link plastic toxins such as bisphenol-a (BPA) to breast cancers and reproductive mutations. Plastics migrate carcinogens--including BPA--during regular use, exposure to heat, and after cleaning. Perfect for hikers, bikers, kids and anyone who keeps themselves hydrated. Works for cold or hot beverages. Slim design fits into most bottle holders.

Can get at REI, PCC, Whole Foods and:

<http://store.greenfeet.com/itemdesc.asp?ic=8502%2D06560%2D0000&eq=&Tp=>

<http://www.katescaringgifts.com>



36. Recycled glass earrings. \$8-\$11 each.



Sure to be the most original in your favorite earring-enthusiast's collection. Necklaces and bracelets also available.

<http://www.abundantearth.com/store/jewelry1.html>

For more eco-jewelry see

<http://eco-artware.com/catalog/earrings.shtml> and www.uncommongoods.com and #42 below

***NEW FOR 2006!**

37. Herban Cowboy Certified Men's Vegan Cologne. \$27.95.

• The first cologne that has been certified organic, this masculine scent has notes of sandalwood and forest aromas to make a unique cruelty-free fragrance. For those wanting a vegan cologne that's high-quality and long-lasting, this is a fantastic choice. 2 fl. oz. spray bottle.

<http://www.veganesentials.com/catalog/organic-dusk-blend-cologne-for-men-by-herban-cowboy.htm>



***NEW FOR 2006!**



38. "Powered by Organic Food lunchbag" \$17.99

• Organic food is some powerful fuel! Your green foodie friends can proclaim it proudly with this 100% Certified Organic Cotton, Fair Labor lunchbag.

From a great new store ([imorganic.com](http://www.imorganic.com)) well worth checking out anyway (for tees, magnets and more.)

http://www.imorganic.com/product_info.php?cPath=4_10&products_id=93

***NEW FOR 2006!**

39. Live Free of Pesticides tee. \$21.99

• Just one of many fantastic message tees available at this terrific organic product shop ([imorganic.com](http://www.imorganic.com)). Like all of them, this one's 100% Certified Organic Cotton, made in the USA without sweatshops. Many more great messages to choose from!

http://www.imorganic.com/product_info.php?products_id=19



***NEW FOR 2006!**

40. Bamboo baby gear. \$8-\$25

• Bamboo is a wonderful sustainable alternative, like organic cotton. While it requires more processing for fabric, the resource itself is incredibly renewable. And if you buy fair-made sources... It makes an ultra-soft fabric for tees, sleepwear and sheets! For new baby, try 100% Bamboo Fine Jersey fitted crib sheets in an array of colors. Naturally antimicrobial, hypoallergenic, ultra-soft thermal regulating and odor resistant fabric for cozy, cool and sweet dreams. Crib sheet only \$25. Or baby cap \$8.

<http://www.bamboosa.com>



***NEW FOR 2006!**

- 41.** **Nature's Wash Cloth by Organic Threads.** \$10.00 for package of three. Made 100% organic cotton that grows in earth tone colors. Great for bath, babies, and kitchens! Comes in a package of 3 cloths. Grown in small farmyard plots by rural artisan and Indian families in the Andes, this naturally pigmented cotton has been hand harvested for over 4500 years. Certified since 1994 by the internationally recognized Dutch foundation SKAL as fully organic. Made in the U.S.A.



http://www.goodhumans.com/Shopping/NewProducts/Natures_wash_cloth_from_coulee_organic_knits

***NEW FOR 2006!**

- 42.** **Recycled Gold, Recycled Platinum or Created Stone Jewelry.** \$100 and up
• For commitments, weddings or just responsible indulgences, GreenKarat.com is the top choice available for precious eco-jewelry. From recycled gold and platinum to handcrafted “created” diamonds, GreenKarat.com lets you celebrate and commemorate with beautiful jewelry--*minus the mining!* Many handcrafted items!



Throughout history, jewelry has held a special place in the fabric of human culture. Unfortunately, industrial methods of extracting jewelry's precious metals and gems from the earth damage the land and endanger ecosystems. GreenKarat's goal is to end destructive gold and diamond mining by encouraging widespread and permanent change through

consumer buying decisions.

A few facts: ***80% of the gold used each year goes into jewelry. Yet significant amounts of gold sit idle, while mining continues at a pace of 2,500 tons a year.*** In fact, there is enough gold above ground (already mined) to satisfy all demands of the jewelry industry for the next 50 years! So why not go this route instead? Buying recycled gold is one of the most ecologically and socially responsible choices a consumer can make.

<http://www.greenKarat.com/>



***NEW FOR 2006!**

- 43.** **Cozy Hemp Adjustable Collar.** \$15.95
• Treat a beloved dog to the best. These Cozy Hemp Collars are durable and attractive. Small, medium and large in three colors (green, purple, orange). All sizes/colors have a sturdy hemp exterior and a cozy, soft fleece lining.

http://store.greenfeet.com/ItemMatrix.asp?GroupCode=8011-00220&MatrixType=1&WT.mc_id=Surprise8011-00220



***NEW FOR 2006!**

44 Women's Bamboo Blend T-Shirts. \$15.

• Terrific choice for the eco-minded woman! This classic tee has binding on the neck and a cap sleeve. Made of soft and supple bamboo/cotton blend. By Hemptown. Great site for other gifts too! Offering free shipping to U.S. and Canada on orders of \$50 or more.

<http://www.hempclothiers.com/servlet/the-65/womens-bamboo-cotton-t-dsh-shirt/Detail>

45 Soy Wax Candle by Greenspace Candles. \$13.25

• Made from soy wax, these candles are totally vegan! Clean burning, renewable resource, biodegradable! Approximately 40 hours of burn time. Scented with pure essential oils. No petroleum, animal products or synthetic fragrances. Hand-made in Portland, OR. Candle colors: Pink Grapefruit (pink and mint green), Fabulous Fir (forest green), Citrus Beach (orange), Lunar Lavender (purple), Lemon Squeeze (yellow), Chai Chai Chai (off-white), Savory Cinnamon (red), Celestial Spice (pale blue).

http://www.goodhumans.com/Shopping/Soy_wax_candle_from_greenspace_candles



Also to try:

Soy Votive Candle from Environgentle, \$2 each.

Creamy, white as soy milk. Cotton wick. Removes odors. Made in the U.S.A.

<http://www.environgentle.com/itemwin.php?itemId=145&categ=40>

NOTE: WHY SOY WAX?

An alternative to the conventional paraffin wax, soy wax candles do not produce petrol-carbon soot and other carcinogenic toxins (the stuff that blackens your walls and furniture when you burn regular paraffin wax candles). Soy wax is non-toxic and non-carcinogenic. It also burns slower (up to 40% longer) and cooler than paraffin, which means the candle lasts longer. There is no wasted wax. Because soy burns evenly there is no "tunneling effect" as with paraffin wax candles. Finally, soybeans are a renewable resource. Paraffin contains petroleum, which as we well know is not a renewable resource. Paraffin wax also contains 11 documented toxins. Soy wax is completely biodegradable. Many paraffin wax candles also use lead laced wicks.

BUY SOY WAX CANDLES THIS CHRISTMAS!

Other places to get them are:

<http://www.sensia.com/>

<http://www.soyphisticatedcandles.com>

<http://www.secretclosetgifts.com/>

<http://www.sunlightspa.com>

<http://www.vickyscandles.com/>

<http://www.veganunlimited.com/house---home-candles.html>

<http://store.naturessoycandles.net/>

<http://www.vickerey.com>

<http://www.soylights.net/>

<http://www.caterpillarscandles.com/>

<http://www.ecolightcandles.com/>

***NEW FOR 2006!**

46 Garden-In-A-Bag. \$6.95

• What a great way to share a little sunshine with someone you love! These garden-in-a-bag varieties are easy to grow, indoors or out, in their own leak-proof bag. Simply mix the enclosed tin of seed into the bag, add water, and watch it grow! They do great sitting on a windowsill or under a desk lamp. Try organic chives for a handy kitchen favorite!



<http://store.greenfeet.com/itemMatrix.asp?MatrixType=1&GroupCode=9006-00315>

***NEW FOR 2006!**

47 Recycled Map Envelopes from Forest Saver. \$7

• A lovely, original, unique and very recycled! This beautiful envelope is made from old New York City subway maps! The 6x9 size is perfect for sending small booklets or a CD. Superb gift for the friend who still sends handwritten notes, the current or former New Yorker, or the map enthusiast! Sold as a pack of 24.

<http://www.goodhumans.com/Shopping/Made-in-the-usa/6x9-recycled-map-envelopes-from-forest-saver-pack-of-24>

***NEW FOR 2006!**

48 Grow-A-Note Greeting Cards. \$3.50 each

• The perfect way to send a heartfelt thank you to someone special! Besides your note, each grow-a-note seed embedded card is a gift that can be planted. Measures 6.5" x 5". All cards are embedded with wildflower seeds unless specified otherwise. The back of each card contains planting instructions. Made in the U.S.A.

<http://www.goodhumans.com/Shopping/Greeting-cards/Grow-a-note-greeting-cards-from-green-field-paper-company>



***NEW FOR 2006!**

49 Sun Hemp Journal. \$8.75

• This journal features a woodblock illustration of the sun on the cover, which is made from super-heavyweight organic cotton board and printed in full color with soy inks. The pages inside are made from hemp paper. Journal measures 5x7 inches and contains 70 blank sheets of hemp paper. Bound with stainless steel wire. Made in the U.S.A.

<http://www.goodhumans.com/Shopping/Journals/>



***NEW FOR 2006!**

50. Small Hemp Accent Pillows. \$14.50

• 100% hemp fabric with Kapok filling. Naturally dyed using flowers, leaves, seeds, bark and earth to create a vibrant range of colors. Fair trade. Measures 12" x 12". Made in a village cooperative in Thailand. Hemp is a durable, fire- and mold-resistant fabric that softens with use. It stands up well to repeated washings. (However, the natural dyes retain their color best if the fabric is not put into the dryer.) Kapok is a natural, silky fiber obtained from the fruit of the silk-cotton tree and is used for insulation and as padding in pillows, mattresses, and life preservers.



<http://www.goodhumans.com/Shopping/SearchProducts/Small-hemp-accent-pillows-from-tribal-fiber>

51. Stained Glass Magnets \$6.00

What a neat little stocking stuffer and a cool idea! Ray Nelson, an award-winning glass artist and environmentalist, collects small, irregularly shaped stained glass remnants and transforms them into vibrant little refrigerator magnets by melting them and then slowly cooling them so they won't crack. The resulting joyous spot of color can brighten a fridge. No two are alike!



<http://www.eco-artware.com/catalog/RN1-magnets.shtml> (see all their gifts!)

52. Hemp Hooded Sweatshirt. \$42.00

Anyone would love this soft, yet tough, pullover hemp sweatshirt. Long lasting, comfortable fitting sweatshirt that will keep you warm and comfy. Made in the U.S.A.! 55% hemp/45% cotton. .

<http://www.goodhumans.com/Shopping/SearchProducts/Hemp-hooded-sweatshirt-from-goodhumans>

***NEW FOR 2006!**



53. Organic Bar Soaps by Herban Cowboy. \$3.95

• Another fun and cheap eco-gift! Great stocking stuffer for a guy! A fantastic milled bar with unique scents, these are blended with essential oils for a man's tastes, and organic palm and coconut oils. Original Dusk, Bluegrass, or Wild. Large 5 oz. Bars, made with the highest quality organic ingredients, in the USA, completely cruelty-free, wrapped in recycled paper printed with soy ink.

Also check out the Herban Cowboy After Shave, Cologne, and Men's Moisturizer!

<http://www.veganessentials.com/catalog/organic-bar-soaps-by-herban-cowboy.htm>



54. **ODE Magazine.** \$10 for six issues.

When Hope Magazine went out of business (how sad is that?) ODE replaced it--and it's great. European-based, packed with essential news (much of it good!) you won't read anywhere else--empowering and inspiring features about things and people making a difference in environmental, social justice/peace, health, poverty/hunger, and other issues. They're offering a ten-dollar 6-issue mini subscription "because we know from our reader...that the best way to get you turned on to Ode is to let you read it." It's a steal!

http://www.odemagazine.net/special-1subscribe.htm?source=Google_OdeAd

- **UTNE Reader** (\$15.95 subscription) is another superb pick for a magazine subscription that always offers something to make people think. A bimonthly reader collecting the most compelling and provocative works from a diverse variety of sources, UTNE navigates art, politics, sex, music, family, health, literature, science, history and many other subjects with a surprisingly mild and non-militant overall feel (despite its liberal leaning). The graphic presentation is *really* nice too.

<http://www.utne.com>

Other GREAT gift subscription picks:

- **E! The Environmental Magazine** - \$15 for 6 issues a year. <http://www.emagazine.com/>

An independent, *nonprofit* clearinghouse of environmental news; a ten-time Independent Press Awards winner and nominee!

- **Mother Jones** - only \$10 a year, an amazing bargain; some of the most in-depth, no-bull, complex political and environmental reporting anywhere. <http://www.motherjones.com>

- **Mothering Magazine** - \$19.95 for six issues a year. Not just for parents, this magazine covers many issues from a highly progressive, even subversive standpoint with depth, thoughtfulness and warmth. "The Magazine of Natural Family Living." <http://www.mothering.com>

55. **Motherboard Money Clip,** \$12

This is a great item, but so is EVERYTHING at this outstanding website of recycled useful *and* graceful items. Artistic, inventive, real recycling ingenuity.

This money clip is made from a circuit board mounted on a stainless steel base. Motherboard makes unique and colorful products from obsolete and used circuit boards rescued from TV sets, audio components, phones and computers. They use 25,000 to 30,000 pounds of circuit boards bound for landfills each year! Check out their cuff links, business card holder and clock, also on this site!

<http://www.eco-artware.com/>



***NEW FOR 2006!**

56. **Earth Therapeutics Anti-Stress Mind Repair Pulse Point Cream.** \$10

Great for purses or bedside; a wonderful small gift or stocking stuffer. Minty, cooling, great for headaches and stress. Massage into temples, neck, forehead, or earlobes for instant tension relief. Breathe deeply for full aromatherapeutic effect. Greaseless formula; no mineral oil.

<http://www.thesoapopera.com/scgi-bin/scart.cgi/ET-8685.php3?scartid=1967472>



57. **Non-Leather Wallets.** \$5-\$40

• From assorted e-tailers. Hemp, faux leather, rubber, and many other options--they make useful, reasonably priced gifts. Great selections at:

VeganUnlimited <http://www.veganunlimited.com/accessories-wallets.html>

Goodhumans http://www.goodhumans.com/Shopping/Hemp_wallets/

Veganessentials <http://www.veganessentials.com/>

Downbound.com http://www.downbound.com/Hemp_Wallets_s/168.htm

Pangea <http://www.pangeaveg.com/wallets-and-bags/wallets.html>

Otsu Vegan Style

http://www.littleotsu.com/catalog/index.php?cPath=23_24&osCsid=3024105c3dc2e20636d363b5d458deaf



***NEW FOR 2006!**

58. **Make Your Own Candy kit.** \$9.95

• Make your own candy from natural ingredients--good-natured fun from Verve.

Verve's Educational Activity Kits are hands-on, innovative educational toys. Connect kids to the global community by tracing the origins of raw materials we encounter in our daily lives.

Chocolate, chewing gum, or gummy candy kits. The gum kit uses natural chicle, the chocolate kit includes organic cocoa butter from Costa Rica, and the gummy kit contains carrageenan made from seaweed from the Philippines. Children can make yummy treats while learning about the rainforest, ethnobotany, chemistry, mathematics and measurement, ecology and environmental issues, home economics, nutrition, the oceans and more. From Kate's Caring Gifts, a great gift site.

http://www.katescaringgifts.com/Merchant2/merchant.mvc?Screen=CTGY&Store_Code=KCG&Category_Code=GOODNATUREDFUN

59. **CHOCOLATE.** \$2-\$3 per item

• Relatively cheap and universally loved! For a chocolate lover, the vast array of premium organically-produced chocolates is no less than euphoria-producing! (And please do choose organic--you not only preserve the environment, but save children from slave labor!)

Dagoba (available at many co-ops and fine groceries) is still my favorite bar; **Sjaak's** is a new winner (*also see Truffles at #X*); and **Terra Nostra**, **Denman Island**, **Green & Black**, **Newman's Own Organics**, and **Rapunzel** are also excellent. Also try **Art Bars** from Ithaca Fine Chocolates (exquisite, and each bar contains a card with a fine art reprint). Many small organic chocolatiers are sprouting up. Try your local natural foods store. Good selections for mail-order are at:

<http://www.veganessentials.com>

<http://www.veganstore.com>

<http://www.veganunlimited.com>

<http://karescaringgifts.com>

www.ithacafinechocolates.com/



***NEW FOR 2006!**

59 Recycled Glass Platter. 10.95

• Gorgeous 14-inch recycled glass platter for serving hors d'oeuvres, roasts or anything you like!

<http://store.greenfeet.com/itemMatrix.asp?GroupCode=9006%2D00315&eq=&MatrixType=1>



60 Organic coffee. \$8-10 pound.

• Almost everyone drinks it--and giving a pound or two of premium-quality shade-grown, fair-trade, organic coffee is a big gift to the earth, farmers, and birds as well as your recipient. Here's why: Regular sun-grown coffee is the most pesticide-doused crop in the world (only cotton is a close second--hence the organic cotton throughout this list!). Sun-growing destroys the ecosystem that controls pests and weeds, so constant and massive chemical blitzing is required. In addition, sun-grown coffee destroys tropical forests that provide habitat for songbirds (many of which are becoming extinct) and increases soil erosion/depletion. Organic and shade-grown coffee tends to also be fairly-traded, providing better wages and conditions for coffee growers. Choose a company that supports Coffee Kids, and you'll also be contributing to a better life and supplemental income year-round for coffee farmers, helping to eradicate the poverty in which most live. (DON'T give the old standard Starbucks--which refuses to sell brewed organic/shade-grown coffee as standard--not to mention they rank in the top 15 users of genetically modified foods and ingredients in the U.S.!).

My favorite e-tailers of excellent organic coffee:

<http://www.cafemam.com> (try the Tango blend!)

<http://www.newharvestcoffee.com> (proud supporters of Coffee Kids)

For a larger list, check my website at: <http://www.bodyfueling.com/Coffeletter.html>

***NEW FOR 2006!**

61 Hemp Corduroy Key Ring. \$5

Soft hemp corduroy and compact size make this key ring/wallet an ideal choice for those on the go! Great to hold your licence, credit cards, cash, grocery list, lip balm or whatever! Great stocking stuffer--nice filled with coins or cosmetics!

<http://www.goodhumans.com/Shopping/SearchProducts/Hemp-corduroy-key-ring-from-hempmania>



61a. Or try the Tiny Hemp Three Zip Purse. \$11.50
Simply adorable! A great no hassle purse with three secure zipper pockets for keys, ID, money, cards, etc. 46" strap. Purse measures approximately 4" x 5".

100% hemp canvas in natural. Hemp/cotton corduroy blend in purple.

http://www.goodhumans.com/Shopping/Hemp/-purses/Tiny-three-zip-purse-from-hempmania?_browse_ghwgnumperpage=21



***NEW FOR 2006!**

62 The Organic Chocolate Fantasy Gift Set. \$48.99

• An incredible collection of earth-friendly decadence. This is THE gift for an office or family of chocoholics. You won't find a more scrumptious, delicious--perhaps dangerously so!--yet sustainable and fair trade cluster of chocolatey goodness anywhere. All the chocolate in this incredible gift set is organic. Set includes:



- * 1 Package of Dagoba Organic Chocolate Covered Cacao Nibs (4 oz)
- * 1 12-Ounce tin of Dagoba Authentic Hot Chocolate
- * 2 Packs of Yachana Gourmet Jungle Chocolate (Assorted)
- * 2 Packs of Lillie Belle Farms Chocolate Covered Toffees (Assorted)
- * 5 organic fair trade chocolate bars from Dagoba and Sjaak's

From Kate's Caring Gifts, a great gift site.

http://www.katescaringgifts.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=GS_CHOCHOLATE_FANTASY&Category_Code=ORG_FRUIT

***NEW FOR 2006!**

63 Organic wine. \$6 a bottle and up

• Wine makes a perfect all-around gift for most any tasteful adult. The plethora of organic and delicious wines available is exciting! Most local stories have at least a small organic section nowadays. For brands, we favor Our Daily Red, Frey, and Orleans Hill. There are many others, in every varietal imaginable!

Great gift set from EcoExpress, \$24.99!

<http://www.ecoexpress.com/page.php?item=1317&display=GOURMET&cat=1029>

Also: <http://www.organicwine.com> <http://www.valleywineandspirits.com>
<http://www.ecowine.com> <http://www.theorganicwinecompany.com>

***NEW FOR 2006!**

64 White Floral Bamboo Notebook. \$8.00

• This gorgeous hardcover notebook is handcrafted from recycled paper and has 80 pages of recycled paper pages to hold all of someone's treasured thoughts.

Hardcover, 4.4" x 5.6."

<http://www.peacefulvalleygreetings.com/index.asp?PageAction=VIEWPROD&ProdID=593>



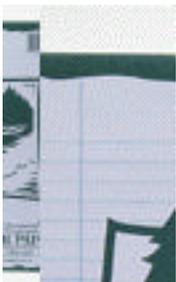
***NEW FOR 2006!**

65 Recycled Notebook Filler. \$1.99-\$3

• VERY hard to find! And very handy for the student, writer, or compulsive listmaker! 100 sheets, 11 x 8 1/2. White, college-ruled 3-hole punched.

<http://www.greenlinepaper.com/products.asp?categoryID=3&iProductID=109>

<http://www.environgentle.com/itemwin.php?itemId=1222&categ=63>



66. Organic cotton sheets \$80 a set and up
Ahh, cotton. It seems so plain and natural--except when it's conventionally grown (cotton's one of the top 3 pesticide-sprayed crops worldwide) and finished with chemical treatments (between the cottonfields to your bed, the average set of sheets demands over a pound of chemicals). Thank goodness there are so many organic cotton alternatives available now. Organic cotton sheets are a wonderful luxury--you spend a third of your life between the sheets, so why not make them pure?

OC sheets are available from many of the e-tailers mentioned throughout this Guide, but my top pick for good looks and good price is from Gaiam.com. They have jersey knits, solid flannels, patterned flannels, and sateen. Many on sale now! All grown organically and finished without chlorine bleach or chemical softeners. Selection at:

<http://www.gaiam.com/retail/category.asp?catalog%5Fname=gai&category%5Fname=13%5FSheetsBedding>



67. Teko Organic Cotton, Ecowool, or EcoPoly hiking socks. \$8-16 a pair
Giving socks this year? Try this superb new brand that makes superior performance sox--with a real conscience! Your choice of cotton, wool or poly--all sustainable! The organic cotton includes 67% Organic Cotton and 13% Ecopoly Recycled Polyester. Super soft and extremely comfortable with lots of performance features like an archband, air vents, reinforced toes and heels. As European organic, it meets strict EC rules for organic agriculture. "Best socks on the planet... Best socks for the planet" is their motto, and they won *Backpacker Magazine's* Editor's Choice Green Award in April 2005.



<http://www.tekosoaks.com/>

<http://www.livingincomfort.com/tesoorcolihi.html>

68. Solar watch. \$40 and up for a decent one
I've had one for 6 years and it has never missed a second--well, except for that Seattle winter when it briefly went dead (that's why we go to Arizona in January!). No batteries to change or waste. Harness the free power of the sun! There are a zillion choices these days, but Citizen Eco-Drive has a huge line of nice ones for men and women; Seiko and Casio also make good ones. (Most of them don't have leather bands, either--another plus for the eco-shopper!)

There are literally thousands of online watch outlets; you'll have to do your own search. (eBay is a great source for new solar watches too!)

Here's just an example of one for men:

<http://www.amazon.com/exec/obidos/ASIN/B0002TXLBO/dealtime-watches-20/ref=nosim>



69. John Masters Organics hair care. \$12-25

There's a full list of excellent natural cosmetic and skin/hair care products on my website, but I have to give John Masters a top vote for putting salon-quality class into organic haircare. If you favor elegant packaging and heavenly aromas, JM is the gift of choice. The NY salon is a little fru-fru, but being greeted by John's own golden retriever Amber (whose hair is no doubt silkier than yours) makes up for it--that and the truly pure ingredients blended into superb products. Now available at Whole Foods as well as online!



Top picks: Blood Orange/Vanilla Body Milk, Citrus and Neroli Detangler, Hair Nourishment and Defrizzer, and Bourbon-Vanilla Hair Texturizer.

Try not to eat them (but they're made so you practically could).

<http://www.johnmasters.com> <http://www.b-glowing.com>

<http://www.drugstore.com> <http://www.saffronrouge.com>

70. Items for the eco-kitchen. \$5 and up



Hemp or organic cotton placemats, oven mitts, potholders and napkins make great gifts!

A plethora of colorful organic, hemp and recycled kitchenware selections at:

<http://www.rawganique.com/kitchen.htm> (with \$5 all you can order shipping)

<http://www.abundantearth.com/store/kitchenaccessories.html>

<http://www.mamasearth.com/kitchenstuff.htm>

http://www.downbound.com/Hemp_Kitchen_s/372.htm

71. Gourmet Organic Foods Basket.

Who wouldn't love a box or bag or basket (or stocking!) full of gourmet cooking oils and vinegars, spreads, sauces, olives, nuts and dried fruits, or other confections--ingredients--made the healthiest and most environmentally respectful way? Give or special item, or compose your own basket.

Try:

<http://purelyorganic.com> (my favorites: Organic Flavored Olive Oils in Garlic and Basil; there's also Lemon, Rosemary, and White Truffle! The olive pastes are go too.)

or <http://www.diamondorganics.com>

Like nut butters? Try Raw Organic Macadamia + cashew butter:

<http://www.rawganique.com/Food/raw-organic-macadamia-cashew-butter.htm>



How about some organic olive oil made in the Middle East by Jewish and Arab women together? Proceeds go to the artisans at: <http://www.agreatergift.com>

THE LIPSTICK PAGE: it's the only cosmetic I use regularly, so I'm a little obsessed with it! But almost every woman uses lip products, so it's good to know these things...

Most women don't know or think about this, but carcinogenic FD&C coal- and tar-derived dyes are still the norm for most lipstick brands. There are beautiful alternatives, though:

72. **La Bella Donna natural mineral cosmetics.** \$20 and up. Give your favorite gal a healthy AND beautiful gift. A nontoxic lipstick or lipgloss makes a lovely small gift. La Bella Donna is gift-quality: these gorgeous all-natural, mineral-pigment lip colors come in classy ribbed silver casings that give any Nordstrom-counter upscale brand a run for the money (lipstick \$22.50, lipgloss \$22). Their other stuff is great too...

<http://www.labelladonna.com>



72b. For a little less \$, there are **HempColors lipsticks** (\$11.99 each), which mix natural ingredients like vegetable wax, organic coconut and olive oils with crushed iron oxides to produce a beautiful selection of lipsticks enriched with moisturizing hemp oil in 32 matte, semi-matte, sheer, shimmer and glossy shades. They look and wear like the famous Mac line of lipsticks, only without the toxic dyes. <http://www.veganessentials.com/>

72c. Also try **Zuzu Luxe** lipsticks (\$12.95 each) --also pure, synthetic/dye free, and fabulous (I own three!) <http://www.veganessentials.com/>

72d. **Earth's Beauty** is a super-reasonably-priced brand of excellent cosmetics. I discovered their Lip Nectars, Lip Glazes and roll-on lip gloss. The Lip Nectars (heavier) and Lip Glazes (lighter/sheer) come in your choice of pot (\$8.95-9.95) or lovely compact with brush (\$10.95-11.95). They wear beautifully, taste good, and are chemical-free--unlike the high-end department store versions of such glazes and glosses (such as Stila) that sell for three times as much. They make great stocking stuffers. You can see them and get them at <http://www.bewellstaywell.com/lipstick.htm#EARTHS%20BEAUTY>

72e. **Organic Makeup Company** has truly natural and lovely lipsticks for \$12.95. available at <http://www.organicmakeup.ca> and <http://www.veganessentials.com/>

72f. A new makeup brand in 2006 is **Perfect Organics**; try the Organic Vegan Lip And Cheek Shimmer sticks for \$18.99. With organic shea butter, organic macadamia nut oil, and organic aloe vera. http://www.thegreenloop.com/Perfect_Organics_s/46.htm
<http://www.perfectorganics.com/shop/products.asp?id=10>



For more sites/brands, as well as articles about this:

<http://www.bodyfueling.com/Eco-Shopping.html>

<http://www.bodyfueling.com/SkinCare2.html>

73. LIP BALM. \$2-7.

So, you thought we were done with lips? Well, lip balm is a silly little vice of mine--I'm a connoisseur and I collect 'em, one for every coat pocket and bag! Great stocking stuffer. Avoid the ones with petroleum derivatives and synthetic waxes--they actually dry out your lips, not to mention who wants to lick off and swallow that chemical stuff and support petroleum dependency--even a little? Today you can choose from so many natural and delicious brands.

<http://www.lipmedic.com> has a Natural/Organic category. You can go wild with natural lip balm here! Try these brands, some in delicious sticks, some in whimsical tins: **Beesworks**, **Mama Coco**, **Sundog**, **Nature's Acres**, **MadGabs** and **Javabalm**.

Also to try: **Kiss My Face** in Ginger Mango; **Dirty Hippie Soap's Kissin' Sticks** in Orangesicle; **Merry Hempsters** in Tangerine Mandarin; **Nature's Gate Organics** in Neroli Orange/Chocolate, **UnPetroleum Balm** in Cherry or Vanilla, **Better Botanicals** in Rose Mint, **Badger Balm** in Chai Rose or Lavender Orange, or **Li-kitty Split Cinnamon Lip Lustre**, handmade by vegans in Ohio!

Available at almost any natural products store, and at assorted e-tailers, such as:

<http://www.veganessentials.com>

<http://www.veganstore.com>

<http://www.goodhumans.com>

<http://www.katescaringgifts.com>

TOO FUN! **Literati Vegan Lip Balms**. Choose from ShakeSpeamint, Alcott Apricot, PoeMegranate, and Bronte Berry. Little pots of delicious, witty, pure balm. Irresistible for your favorite literary kisser.

<http://www.veganessentials.com>



***NEW FOR 2006!**

Crazy Rumors Lip Lattes combine some of the most enticing aromas with nature's finest ingredients, including Vitamins A & E, Shea Butter and Natural Coffee Flavors. Available in 6 captivating flavors to satisfy your coffee craving: Amaretto, French Vanilla, Coffee Bean, Hazelnut, Irish Cream, & Mocha. <http://www.crazyrumors.com/perk.html>

74. Organic cotton lingerie. \$18 and up

Blue Canoe has great yoga clothes, including a line called Sheer Organics ("hot yogawear and sheer lingerie"). These items feature a finer fabric and awesome colors. The lingerie is the coolest organic cotton style around-- gift material. No more oatmeal-colored old-lady briefs for organics!

<http://www.bluecanoe.com/store/>



75. Hemp/Organic cotton Polo shirt from Indigenous Designs. \$29!

Amazing price on an indispensable men's staple. Six colors.

http://www.goodhumans.com/Shopping/Organic_cotton_polo_shirt_from_indigenous_designs

76. Eco Nail Polish. \$2-3
Nearly all nailcolors contain toluene, formaldehyde, and other toxic chemicals. Nice, huh? But **Earthly Delights, Honeybee Gardens, and No Miss** offer alternatives free of these. For the price, you can't go wrong in helping steer someone away from standard toxic polish.

<http://www.veganessentials.com/> is one retailer of these.

<http://www.greenfeet.com> is another.



77. Earth Elements Yoga Mat 10mm. \$65

This sustainable yoga mat from Hugger Mugger is non-toxic, biodegradable, and recyclable. Made from a newly developed and patented TPE (Thermal Plastic Elastomer) foam, this mat contains no latex, PVC or rubber, and uses no toxic materials in its production. Its patterned surface provides the same natural traction of traditional yoga mats. This yoga mat also features a closed cell construction that prevents absorption of fluids, making it easy to keep clean. Help a friend replace that old PVC mat!

<http://www.barefotyoga.com> <http://www.huggermugger.com>



NEW FOR 2006!

78. Hemp Bath Pillow. \$22.50
This hemp bath pillow will take your recipient's bath to the next level of relaxation. The suction cups help keep it in place. A terrific gift for the eco-minded soaker. Hemp is naturally resistant to most insects, molds, and other pests.

<http://store.greenfeet.com/itemdesc.asp?ic=7514-00530-0000>

***NEW FOR 2006!**



79. Naturopathica French Lavender Massage & Bath Oil . \$28
Perfect for stress & sleeplessness. This French Lavender massage oil is one of the most requested items at the Naturopathica spa. Made from a variety of lavender known for its sweetness, its incredible fragrance is perfect for stress and sleeplessness. Pure essential oils are put into a light, easily absorbed oil base which makes this perfect for both massage and bath. <http://www.vickerey.com>

***NEW FOR 2006!**

Also to try: **Primavera Orange in Love Massage Oil (organic). \$14**

Organic Orange, crisp Cocoa, velvety Vanilla and sensuous Rose mingle in this stimulating massage oil. Organic Jojoba, Sunflower, Sesame, Macadamia, Almond Oils soothe and smooth skin: 1 fl oz/30ml. See #84 for more on Primavera. <http://www.saffronrouge.com>

80. National EmbarrassMints. \$3 Another back door into a great site (Environgentle is a fab-priced organic gift superstore!).



This bittersweet little stocking stuffer is, unfortunately, still quite current. “Get that bad taste out of your mouth and help to boot Bush at the same time.” The manufacturer is giving profits to groups dedicated to bringing honesty and integrity back to politics.

<http://www.environgentle.com/itemwin.php?itemId=1061&categ=54>

80b. New this year! **Impeachmints** and **Indictmints!** Peach flavored ImpeachMints. The sweetness of a Bush impeachment can be savored if only for a moment with these ImpeachMints.

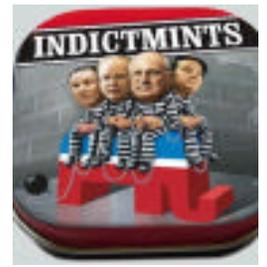
Enjoy the Indictments with conviction!

<http://www.environgentle.com/itemwin.php?itemId=1210&categ=57>

<http://www.environgentle.com/itemwin.php?itemId=1211&categ=57>



The site to get them at, [Environgentle](http://www.environgentle.com), is worth checking out for other gift items--they have the **best-priced organic cotton message tees** I've seen anywhere, and many other fantastic ideas.



81. Scrabble. \$11.95-29.95

I always put in a plug for my favorite game. Okay, it's not *especially* environmental per se--but you buy it once and you have it forever; if you play “open book” (like Steve and I do) you learn a few new words per game; and it's a healthy antidote to TV. Get the deluxe turntable one, and the dog won't be able to end the game with a swish of her tail just when you were headed toward your first 500-point game. (Don't forget the Scrabble dictionary!)

At nearly all toy/game retailers; try <http://www.boardgames.com>



82. Café Press tee-shirts. \$17 and up for organic cotton tees

There's a message for everyone here--too many to choose one for the Guide! Café Press is an inventive, award-winning site where you can create and customize gifts by choosing other people's designs--or upload your own (either for your own use, or so others can buy!) There are tons of mini-stores within the site. Choose from dozens of tee-shirt styles and fabrics; most “stores” offer organic cotton as a choice. If you don't go organic, at least go “Made in the U.S.A.” You can also get mugs, mousepads, ornaments, greeting cards, calendars and lots more! Shop or create your own “storefront” (and specify organic cotton for your designs!).

<http://www.cafepress.com>



83. Organic cotton blanket. \$78-\$180

. This is a luxury gift for someone special. A bit spendy but worth it! I've had one for years and there is nothing softer or more cloudlike! Makes bed a haven--and healthy. You'd shudder to know how many pounds of chemicals go into the cotton that makes an ordinary blanket.

- Abundant Earth Organic Cotton Fleece-Style Blankets are ultra-soft and ultra-comfortable. Twin 99.95, F/Q 129.95

<http://www.abundantearth.com/store/superblankets.html>

- Organic cotton Fireside Throw is available from Gaiam for only \$80. In seven colors now, prices vary: <http://www.gaiam.com/>

- At Good Humans, \$140 for queen: <http://www.goodhumans.com/Shopping/Blankets/>

- Also see:

<http://www.mamasearth.com>

<http://www.lifekind.com>

<http://www.tomorrowworld.com>



***NEW FOR 2006!**

84. Cinnamon & Stars Gift Set by Primavera. \$20

. Cinnamon, Orange, and Tonka unite to create this spicy scent that harmonizes and warms any room. Especially recommended for relaxation, bedrooms, cold season, and for creating a motivating, positive environment.



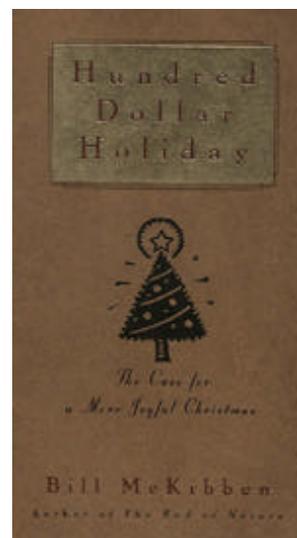
Primavera is an *exceptional* organic oil brand, and one of only eight or so brands represented at Saffron Rouge. Spreading organic and biodynamic farming worldwide through fair trade cooperative projects in 18 countries, Primavera is a world leader in aromatherapy-based products. Free of synthetic preservatives, colors and fragrances, never tested on animals. (Also great gift ideas: Primavera's pure macadamia or avocado oil--treats that are edible AND massage-able!)

Saffron Rouge is the web's best organic hair and skin care product site--its standards and policies are impeccable (see the "how I evaluate products" section for a real education!) Guarantees every products for *sixty days* after purchase, even if it's been used. Carries only a select group of the finest certified organic beauty products--a handful of perfectly pure brands (Jurlique, John Masters Organics, and Pangea Organics among them--see #70 and #31 in this list!). Amazing for your skin and the environment. Samples with every order too. Great gift site to browse for the staunch environmentalist who likes to pamper herself (or himself!)--but with highest integrity.

<http://www.saffronrouge.com/s.nl/it.A/id.2456/.f?category=-148>

85. **Hundred Dollar Holiday** by Bill McKibben. \$13

• Bill McKibben (who wrote the *The End of Nature*--also a good pick!) is a bestselling ecological author and journalist. This book promotes fitting values and ideas about reducing consumption, consumerism and materialism; it is especially in keeping with the remaining ideas below. Amazon says: "This brief, eloquently presented book offers a simple and inviting strategy for handling the most complicated holiday of our times...only spending a hundred dollars at Christmas...What we need and long for now are the gifts of time, meaningful family connections, periods of silence, a relationship with the divine, McKibben writes...Make homemade presents (he even offers a chapter's worth of great ideas). Give children coupons for zoo visits or an evening devoted to playing board games...-- *Amazon.com*
<http://www.amazon.com/exec/obidos/ISBN=068485595X/authorrobynlandiA/>



86. MAKE A DONATION! No manufacturing, no slave labor in third world countries, no environmental impact (well, just positive ones, if you make an environmental donation), no paper wrap. Just assistance for your recipient's favorite environmental or political cause. Every little bit helps. I give what I can to a dozen or so different orgs: environmental, social justice, political action and bicycle advocacy. It feels good! Some organizations will provide you a small gift in return for your donation, which you can in turn give to your recipient as a token of the

87. GIFT CERTIFICATES. Most of the e-tailers listed in this Guide offer gift certificates. Don't forget also that *services* make great gifts--wonderful to receive, so useful, and SO easy on the environment! (You can give certificates for massage therapy, babysitting, yardwork, housecleaning, ...use your imagination!)

***NEW FOR 2006!**

37a. **iTunes Gift Certificates.** \$10 and up

Eschew plastic, vinyl, and wrap in favor of a really low-impact gift of music. Let your recipient download the music to his or her iPod and you have given a gift that lets your loved one do the choosing. And it's super-simple for you to buy! Choose from certificate by e-mail (available in whole dollar amounts of \$10 to \$500) or gift cards (available in \$15, \$25, and \$50 denominations). iTunes gift certificates are emailed directly to your recipient usually within minutes of your order. An iTunes Gift Card arrives tucked into an attractive folder (not as waste-free, but still less material than a CD!) Free shipping either way, in one-two days. Doesn't get much easier!

<http://store.apple.com/1-800-MY-APPLE/WebObjects/AppleStore?family=iTMSCardsCertificates>



***NEW FOR 2006!**

- 88 Bush last days keychain.** \$12.95
- The item itself may not be sustainable, *per se*, but the day it represents will surely soon be a boon for people and the planet. Tuesday, November 2nd, 2004 was a day that surprised the 59,439,413 of us who did NOT vote for George W. Bush. Let everyone know you're counting down the days until the White House says goodbye to W! Decals, buttons, magnets, mugs, tees, clocks and hats available too!
<http://www.bushslastday.com>



***NEW FOR 2006!**

- 89 Organic Cheese Collection.** \$68
- For you favorite organic foodie--not your ordinary cheeses! Pair with a bottle of organic wine (see # 63...)
Certified Organic! These cheeses come on a stunning solid, sheer green banana leaf serving plate that can be used for years to come. Collection includes:
 - * Camembert: A certified organic version of Normandy's famous cheese. (8.8 oz.)
 - * Organic Perl Las: A truly different blue from Wales. (1/2 lb.)
 - * Livingstone Gold: A distinctive, full flavored cheese from North Otago, New Zealand. (1/2 lb.)
 - * Australian Water Wheels: Light-as-air crisps to go with cheese. (3.5 oz.)
- <http://www.igourmet.com/shoppe/prodview.aspx?cat=11&subCat=&prod=C604&source=epicurious>

Another fantastic organic cheese gift collection, from **EcoExpress.com**, \$55:
<http://www.ecoexpress.com/page.php?item=1355&display=GOURMET&cat=1029>

***NEW FOR 2006**

- 90 Jing Garden-in-a-Can.** \$9.95
- For centuries the Chinese have been using Jing Gardens as a way of achieving inner peace and tranquility. In Chinese culture, Jing is considered to be a freely available, universal source of energy capable of unleashing an overwhelming sense of relaxation. Each can includes seeds, step-by-step directions, and The Rules of Jing. Choose your plant; Colorful Chili (Fortune Flower), Sunflower (Joy Flower), and Vinca Rosea (Essential Flower). They include a card sharing the story behind what makes each one special. A unique and thoughtful gift!
From **Global Exchange Fair Trade Online** store--a must-see gift site.
<http://store.gxonlinestore.org/canflowers.html>



Check Co-Op America's Green Gift Guide page to find many excellent holiday **discounts** on a wonderful range of organic, fair-trade and other "green" gift items--including specials for some of the retailers represented here! <http://www.coopamerica.org/pubs/greengifts/>

91. USED BOOKS AND CDs. Although I encourage supporting your local independent booksellers FIRST (don't forget used bookstores!), Amazon does offer *used* options for almost any book or music item it sells. I almost always buy used if I can. Although an author myself, I can't resist the sustainability of *sharing* a good read; we don't all need our own copies!

For my site bookstore, go to: <http://www.bodyfueling.com/bookstore.html>
(I've organized some favorites there, and the nominal Associate fee I get from Amazon when you buy books there--any books, not just mine--does help me maintain my site!)

91a. On the other hand, buying NEW *does* support artists... :)
So once again an annual plug for supporting your friendly, hard-working Eco-Shopper who is also a musician... Steve and I (as the acoustic folk duo Short & Sweet) finished our first CD two years ago, and naturally we think it would make a great gift. :) Apparently so do others--the songwriting has won **TWENTY-SEVEN awards and honors** in these last two years!



Entitled *Love and Other Words*, it can be ordered any time (by credit card) at www.CDBaby.com (a great place to support independent musicians, and a fun place to shop--you'll see!), at www.folkweb.com, at the iTunes music store (no material waste!), and on our website at www.shortandsweetmusic.com

Not only does the CD contain 13 original songs with fine musicianship that any lover of acoustic music will appreciate, but it has a great red Christmasy color and will look great beribboned under the tree. Oh yeah--and against all industry advice, we declined to shrinkwrap them (there's the eco part!). Support intelligent acoustic music, independent artists, and us! Thanks!

92. LOVE AND TIME. Free and priceless.
Nothing is more powerful or valuable, and it cannot be bought. Spend some dedicated quality time with someone you love this season. Chances are there is nothing they want more.

HAPPY HOLIDAYS!

Warm regards,

Robyn

P.S. - Don't forget that as an Eco-Shopper, I can do the shopping for you! For CUSTOM searches to suit your list, your values and your budget, call 206.463.1884, or e-mail rlandis@drizzle.com