

**We put ourselves on the side of life with every act of kindness.
Each act of kindness is a protest against the way of the world.
You can never forget the importance of each little thing.**

~Matthew Scully, *Dominion*

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 lot of the 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, and kindness to life.

Neither the harsh realities of our world nor the advisability of reduced consumption will stop Christmas from coming. And that's as it should be. 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.

With the world as it is today, it's also 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 have power and impact. We *can* choose whether that impact is positive or negative. Some violence we *can* prevent.

Since 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 year I added many cool new choices from my favorite finds of the past year, while keeping most of last year's popular goodies on the list as well. Hope you enjoy it.

You may also have heard that I am starting a service business called **The EcoShopper**. That's a personal shopper who custom-finds items like these *just for you!* If you feel like you need more or different ideas, and/or want all the shopping done FOR YOU, I'm at your service. You can go to www.theecoshopper.com for more info. I'll also still be maintaining the original list of eco-shopping sites on my author website at <http://www.bodyfueling.com/Eco-Shopping.html>. Please use these resources year-round!

(For the record: 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--with the small exception of our CD, and any Café Press tees with my designs. I recommend what is made with integrity and meets my standards--period.)

I want people to feel good about living lightly, simply and peacefully. I want people to know they *can*. And that it matters. Even the smallest peaceful and eco-friendly choices add up.

I am jazzed by the tangible difference we can make by giving gifts like these. I feel they represent the ultimate in generosity.



A peaceful and hopeful holiday and winter season to all.

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

Robyn's Top 50+ Holiday Gift picks 2005

*A collection of ideas for people who want to give cool stuff
and also make environmentally sound choices*

© 2005 Some rights reserved. May be distributed freely WITH CREDIT GIVEN, but NOT published without permission.

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.** \$20-\$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!

<http://wildlife-works.com>



Also, the fabulous organic-clothing-and-accessory site Urban Ruby offers a great selection Wildlife Works tees and thermals!

<http://www.urbanruby.com>

***NEW FOR 2005!**

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

Hey, I wonder if I can do something to 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>



4. **Pharmacopia Natural Hand Cream (at [VICKEREY.com](http://www.vickerey.com)). \$15.**

While you can get this luscious hand cream (as well as body lotions and other natural spa goodies) here and elsewhere, I'm also getting you to the Vickerey site by suggesting this gift. This website does have a fantastic spa/gift section, but actually primarily features eco-fabric clothing and was one of my favorite new finds last year. They still have one of the best selections of organic cotton and hemp yoga clothing and streetwear I've come across, and it's *really* cool stuff--very hip, urban and chic. The prices are good, the service is friendly and great, and you could outfit yourself for eternity from this place--sustainably!



The Pharmacopia line is yummy and gorgeously packaged (gift-ready) too. 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.

And Vickerey's "spa" is as unique and cool as its clothing shop!

BONUS LIST: Other terrific gift ideas from Vickerey's spa section include:

Just Add Water Green Tea Spa Soak (\$12)

Herb-Filled Hemp Dream Pillow (\$30)

Pre de Provence 100% Pure Shea Butter tin (\$15)

Naturopathica French Lavender Massage & Body Oil (\$26)

<http://www.vickerey.com>

You can also get Pharmacopia at many other sites, such as <http://pharmacopia.site.yahoo.net/> and at <http://www.beauty.com>.

5. **Hemp Ecosneak, \$35-36**

The Ecosneak makes a perfect gift for anyone looking for a Converse-style shoe. It looks just like Converse, but it's not. 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. Jeez!



Going fast and sizes getting limited, but still available two places:

<http://www.veganmart.com/shop/Shoes/Clearance/item600/> for \$35

Otsu Vegan Style has one of the best selections anywhere of vegan shoes, belts, and bags. (Steve and I each have a pair of shoes from there, and have both been stopped on the street to ask where we got them. His are the Napali sneaker and mine the Emma boot, if you're looking.)

<http://www.alternativeoutfitters.com/index.asp?PageAction=VIEWPROD&ProdID=452> for \$36

Alternative Outfitters was one of my great finds of 2005. A funky and breezy site with shoes, bags, belts, message tees, personal care and more.

- 6. Hemp, Organic Cotton, or Recycled Throw Pillows.** \$22- 34 each.
These colorful, fun 17" x 17" pillows are hand-dyed, so each one is unique!
The 100% *hemp* covers remove easily for washing and have a small Velcro closure for a snug fit. They have really cool designs too. \$22
http://www.goodhumans.com/Shopping/Dog_gear/Hemp_throw_pillows



Also check out the adorable *organic cotton* Patchwork Spiral Pillows, \$34.
http://www.goodhumans.com/Shopping/Accent_pillows_and_throw_rugs/Patchwork_spiral_pillow_from_honeysuckle_dreams



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

- 7. Allison's Organic Gourmet Brownies.** \$21.95 + shipping for a 1.25lb
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. 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!"
<http://www.allisonsgourmet.com>
Special Offer: Order online by December 5 and get free gift wrap. Enter code BF5GW.



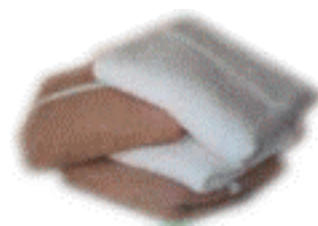
- 8. Recycled Glass Mugs.** \$3.25
Earth-friendly 100% recycled glass mugs. 10 oz. Solid Cobalt Blue, Light Blue and Clear Green (light-green tinted clear glass). A great basic--can't have too many!
<http://www.greenfeet.com/light-blue-recycled-glass-mug.html>

- 9. 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. Can't get purer.
<http://www.veganessentials.com/>

- 10. Hemp cell phone or sunglass case.** \$6.95-8.95
The cell phone case is good, but I find the *sunglass* case handy for sunglasses, cell phones, pencils, cosmetics, toiletries... They come in 4 colors. Really useful.
http://www.goodhumans.com/Shopping/Accessories/Hemp_cell_phone_case_from_ecolution
http://www.goodhumans.com/Shopping/Accessories/Padded_hemp_sunglass_case_from_ecolution



11. Mama's Earth Organic Cotton Towels. \$26.95 bath, \$13.95 face. I've tried all the organic cotton towels around--from Gaiam to Lifekind to Tomorrow's World--and these have stayed the fluffiest and softest! Great thirsty delightful towels, luxurious spa-quality, priced nice, in natural go-with-everything cream color--I find I can't have too many!
<http://www.mamasearth.com/towels.htm>



12. 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. *All* their cotton is organically produced, all their fleece is made from recycled soda bottles, all their stuff is beautiful and 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 \$30 ski cap, a \$28 organic cotton t-shirt, a \$74 organic flannel shirt or fleece hoody, or a \$300 all-mountain weatherproof coat.
<http://www.patagonia.com>

***NEW FOR 2005!** Also check out Patagonia founder Yvon Chouinard's new book *Let My People Go Surfing!*, a fascinating history of the company's rocky path to leadership and a primer on this iconoclastic business model and its eco- and people-conscious philosophies.
<http://www.amazon.com/exec/obidos/ISBN=1594200726/authorrobynlandiA/>

***NEW FOR 2005!**

13. Vegan Truffles. \$25 a pound.
The best organic vegan truffles are also, simply, the best truffles. Try these: delicious, large, dairy-free gourmet truffles made with organic soy milk. Lactose free, casein free, wheat free, gluten free (but definitely not chocolate free!) Try espresso, cherry amaretto, raspberry, peanut butter, or (yeah!) double chocolate.

<http://chocolategourmetcandy.com/pro537368.html>

Allison's Gourmet (of the brownies at #7) also sells vegan truffles: <http://allisonsgourmet.com>

***NEW FOR 2005!**

14. Loomstate Organic Cotton Jeans. \$159
Okay, I have to explain putting such a decadent and quite possibly ridiculous item in this guide. I've looked long and hard for organic cotton jeans, and almost no one makes them. Now Loomstate does. Thing is, they're high-end designer jeans. Now personally, I can't afford \$159 jeans, nor would I want to spend that much on jeans even if I could. If I can't get reasonably priced organic cotton, I prefer to buy my jeans used for \$8 at the consignment store, the way I do now--that works great! But I've noticed that high-end designer jeans well in excess of \$100 are selling like crazy--brands like Seven For All Mankind, Joe's Jeans, Hollister and others cost near \$100 even on eBay! So, my thing is this--if *you're* one of those people who's going to spend that much on a pair of jeans, for heaven's sake make them organic cotton, from a company that is doing it right (even if they're charging a lot for it)!

<http://www.thegreenloop.com>

(A pretty cool store for other gifts too, FYI--for the high-end, classy eco-market.)



15. 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 **Syracuse Cultural Workers: Tools for Change** catalog in a tee, button, poster, postcard, bumper sticker, lawn sign, mug, or book--probably in a very humorous or moving way! Check out the online 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" or "Bush/Cheney's 30 Greatest Accomplishments."

There are many HUNDREDS of choices here--and just reading the catalog is a smile.

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



16. Organic cotton tote. \$6.85

Great for groceries, errands, beach, travel, packing a lunch or anything extra. Organic cotton canvas totes 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! This is the best-priced organic one I've found, from Eden Organic Foods, a very pure brand you can feel good about promoting. Sturdy 18"x13" bag with a fold out gusset bottom, convenient front storage pocket and long shoulder straps. USA 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

Try decorating your own with non-toxic fabric markers!

17. Battery recharger and rechargeable batteries. \$66 and up.

Several good ones are available from RealGoods. Most charge up to 4 NiCad or NiMH batteries of any size and can safely store batteries in the unit without overcharging. Some handle AAA, AA, C, or D sizes. RealGoods also has a selection of rechargeables from NiCad to NiMH and more. (Go with NiMH--less toxic and longer lasting.) For the person who already owns a charger, fresh rechargeable batteries make a great stocking stuffer.



<http://www.realgoods.com/shop/shop3.cfm?dv=3&dp=305&ts=2179173&kw=batteries>

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



***NEW FOR 2005!**

- 19. Recycled Map Stationery Sampler Pack** \$18
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! Unique gift! 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!
<http://www.eco-artware.com/catalog/GE1-map-stationery.shtml>

- 20. Buckwheat travel pillow.** \$26.
There are lots of these, but this one's my fave--best value, great price! Comes with striped (colorgrown, not dyed!) organic cotton cover. Smells great, feels great, perfect size--not too big to take along, not too small to be useful. Makes a fine couch pillow too!
<http://tomorrowworld.com/index.php3?SCREEN=item&item=359>



- 21. Hemp necklaces.** \$8 and up.
They're hip, funky, cool and cheap! Plus they support sustainable hemp. eBay always has hundreds for sale, or try the pretty ones at:
<http://www.goodhumans.com> \$8-11.

- 22. 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>



23. Soy Wax Candle by Greenspace \$13.95

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). I got the lavender as a gift last year, and it's fabulous!

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

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://store.naturessoycandles.net/>

<http://www.vickerey.com>

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

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

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

***NEW FOR 2005!**

24. 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> *(see all their gifts!)*



25. Recycled Rubber Belt. \$14.95

Cool-looking black jeans belt made from 100% recycled bicycle inner tube and lined with natural hemp fabric.

<http://www.differentdaisy.com>

<http://www.veganmart.com>

***NEW FOR 2005!**

26. 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 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>

27. 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. Chock-full of fantastic gift ideas--don't miss it!



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 2005!**

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

New--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.



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

***NEW FOR 2005!**

29. **Recycled coloring books.** \$6 and up

These make great inexpensive eco-friendly gifts for kids. Here's a special one: a coloring/learning book of 26 plants and animals that make their home in the Sonoran Desert (one of my favorite places on earth). The book features high-quality illustrations of each plant and animal along with informative text. Bound like an artist's notepad and printed on recycled paper.



<http://www.rufusbooks.com> or "Froogle" *recycled coloring books*

30. **Soy Crayons by Prang.** 8-pack \$1.00 or so.

To go with those coloring books! A terrific alternative to the normal petroleum-based product. Better than "non-toxic"--they're a fine source of protein (kidding!). The colors are bolder and more brilliant than the standard brands too.

Available at assorted e-tailers, such as:

<http://www.mamasearth.com>

31. **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:

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

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

Otsu Vegan Style <http://www.veganmart.com>

Pangea <http://www.veganstore.com/index-store.html?parentid=10&depid=17071>



32. **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!

Dagoba (available at many co-ops and fine groceries) is my favorite; **Terra Nostra**, **Denman Island**, **Green & Black**, **Newman's Own Organics**, and **Rapunzel** are also excellent.

Try your local co-op or Whole Foods; best selections for mail-order are at:

<http://www.veganessentials.com>

<http://www.veganstore.com>

NOTE: Denman Island Chocolate Frogs make a great little side-companion to Harry Potter books!

33. **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 fair wages and conditions for coffee growers. So 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-tailer of excellent organic coffee:

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

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

34. **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>



***NEW FOR 2005!**

35. **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.tekosocks.com/>

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



36. 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.rawganique.com/kitchen.htm>

37. Solar watch. \$40 and up for a decent one
I've had one for 5 years and it has never missed a second--well, except for that one Seattle winter 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. But here's just an example of one for men that runs about \$100:
Casio GW600DA-1V G-Shock Atomic Solar Watch
<http://www.etrronics.com/>



38. 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.



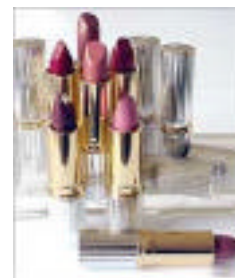
My top picks: Blood Orange/Vanilla Body Milk, Citrus and Neroli Detangler (NOTHING detangles better), and Bourbon-Vanilla Hair Texturizer. Try not to eat them (but they're made so you practically could).
<http://www.johnmasters.com>

39. Organic cotton PJs. \$48 and up.
Another luxury. Most come in plain "natural," but this year you can get a low-impact-dyed ruby, lilac or stripe at Gaiam for \$48 in a lightweight organic jersey knit.
<http://www.gaiam.com/retail/product.asp?product%5Fid=04-0288%20MSTR>

Or try these: <http://lotusorganics.com/detail.aspx?ID=173>

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...

40. **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. Why this brand? Well, 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. While I could list many options, 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...



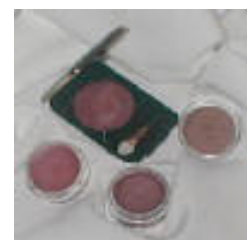
<http://www.labelladonna.com>

40b. 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.differentdaisy.com/nexternalhtml/vegan-lipstick-by-hemp-organics.htm>
or <http://www.veganessentials.com/>

40c. Also try **Zuzu Luxe** lipsticks (\$12.95 each)
--also pure, synthetic/dye free, and fabulous (I own three!) <http://www.veganessentials.com/>

40d. My favorite lipcolor find last year was **Earth's Beauty**, 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>

***NEW FOR 2005!**

40e. A brand new makeup brand in 2005 is **Organic Makeup Company**, which has truly natural and lovely lipsticks for \$12.95.
available at <http://www.organicmakeup.ca> and <http://www.veganessentials.com/>

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

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

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

40. LIP BALM. \$1-7.

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.

This year I discovered a GREAT new site: <http://www.lipmedic.com>

You can go wild with natural lip balm here! Try these brands, some in delicious sticks, some in whimsical tins: **Beeswork, Mama Coco, Sundog, Nature's Acres, MadGabs** and **Javabalm**.

Also to try: **Kiss My Face** in Ginger Mango or Real Apple; **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 ... or my newest find, **Li-kitty Split Cinnamon Lip Lustre**, handmade by vegans in Ohio!

Available at almost any natural products store and at assorted retailers, such as:

<http://www.veganessentials.com>

<http://www.veganstore.com>

<http://www.goodhumans.com>

<http://www.veganmart.com>

*NEW FOR 2005!

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

<http://www.veganessentials.com>



41. Gourmet Organic Foods Basket.

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

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

*NEW FOR 2005!

Like nut butters? Want something exotic?

Try Raw Organic Macadamia + cashew butter:

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



42. 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/>



43. 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.



***NEW FOR 2005!**

- 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 (and some sale colors now only \$30!) Gaiam also offers this blanket in three bed sizes and in five 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>

44. 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



Also see this long-sleeved hemp/organic cotton polo by Of the Earth at Vickerey. Only \$38.

<http://www.vickerey.com/moe502.html>

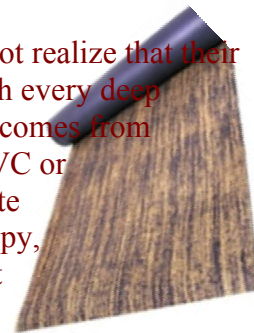
45. Eco Nail Polish. \$2-3
Nearly all nailcolors contain toluene, formaldehyde, and other toxic chemicals. Nice, huh? But Earthly Delights and No Miss offer alternatives free of these. For the price, you can't go wrong in helping steer someone away from standard toxic polish.

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



***NEW FOR 2005!**

46. Eco Yoga Natural Rubber Yoga Mat. \$36.99-44.99
Most yogis use a standard sticky mat for yoga practice. Most do not realize that their mats are made of PVC, a toxic petroleum byproduct that is off-gassing with every deep yoga breath! An alternative that is healthy for practitioners and the planet comes from Eco Yoga, a UK-based company. This natural mat does not contain any PVC or other chemicals. It has a pure rubber underside that grips the floor and a jute fabric/rubber mix on top. The fabric gives a highly durable, extremely grippy, tactile and pleasantly natural surface, tested and recommended by the most discriminating users!. Machine washable and biodegradable.



<http://www.organic-gift-shop.com/s.nl/sc.8/category.96/.f>

ALSO:

This one by Earth Elements contains no latex, PVC *or* rubber, no toxic materials, \$37.95: <http://www.barefootyoga.com/Detail.bok?no=509>

Gaiam's is double-thick and free of latex or phthalates. \$40:

http://www.gaiam.com/retail/product.asp?product_id=95-1041%20MSTR&CMP=KNC-nwgt04

Harmony Natural Rubber Yoga Mat is extra thick and made of open-celled rubber (I have this!)

<http://www.yogasuperstore.com/iy-6682blu.html>

47. Quick Fix Kit Aromatherapy Oils. \$15

Here I am hawking a Vickerey spa item when I already boosted Vickerey and a few of their things up at #3. But this one deserved its very own entry, because it's such a neat little gift idea. These aromatherapy oils from Purity can be added to a bath, added to a massage formula, or daubed on as fragrance. Four very cute glass bottles contain one fluid ounce each; the blends are Relax, Stress, Energy, Sexy.

<http://www.vickerey.com/spu200.html>



48. National EmbarrassMints. \$3
Another back-door into a great site.

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>

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.



49. **Scrabble.** \$11.95-29.95



I have to 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) 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>

***NEW FOR 2005!**

50. **Café Press tee-shirts.** \$18 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. You choose from dozens of tee-shirt styles and fabrics, and most "stores" offer organic cotton as a choice. If you don't go organic, at least go "Made in the USA." 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!).

And guess what! Of course, we have a shop too! Yes, you can support organic cotton, subversive eco-political messages, AND us all at once--by starting at our storefront:

<http://www.cafepress.com/ecotees>

***NEW FOR 2005!**

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

There are many dozens of books I'd like to recommend, but room for only one in this diverse Guide, and this year, this is the one--by bestselling ecological author and journalist Bill McKibben (who wrote the *The End of Nature*--also a good pick!) It 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*



52. **MAKE A DONATION!** No manufacturing, no slave labor in third world countries, no environmental impact (except for positive ones, if you make that kind of donation), no paper wrap. Just plain old assistance for your recipient's favorite environmental or political cause. Every little bit helps. I'm giving what I can to a dozen or so different orgs: environmental, social justice, political action and bicycle advocacy. It feels good!

53. 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!)

54. 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!)

54a. On the other hand, buying NEW *does* support artists... :)
So again a plug for supporting your friendly Eco-Shopper who is also a musician...

Steve and I (as the acoustic folk duo Short & Sweet) finished our first CD just one year ago, and naturally we think it would make a great gift. :) Apparently so do others--the songwriting won seven awards and honors this summer! 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 most of them (there's the eco part). Support intelligent acoustic music, independent artists, and us! Thank you!

55. 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!

Love,
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