

# green & organic lifestyles

August 2009

## Green Weddings

GMOs are everywhere  
why won't they tell us?

Swine  
Flu

L'Aquila  
Earthquake

Reclaiming  
the past



# Green WEDDING

## The rings

This is a tough one. If you love your sparkly and are attached to having a diamond, then be sure to choose a conflict-free and ethically-mined gem with recycled metal. Go to [www.brilliantearth.com](http://www.brilliantearth.com) for more information on that.

There are also alternatives to this, like making a ring from wood, or using a vintage ring and sizing it especially for you.



## What Is A Conflict Diamond?

Conflict diamonds have funded devastating civil wars in Africa, ending millions of lives. These conflict diamonds, also known as “blood diamonds,” are associated with human rights abuses, environmental damage, and terrorism.

## The make-up

This part excites me a lot. I have often tried using non-toxic beauty products, only to find that they came off easily, smudged, or in the case of nail polish, chipped off right away.

Donna Bishop, creator of Agency Vert, has bridged the gap between make-up artists who want high performing make-up and the clients who want to look great without toxic products. She says that the personal care industry has come a long way and now there is no reason to sacrifice style and performance. Now there are superior ingredient formulations that are natural, beautiful and non-toxic.

[www.greenbeauty.ca](http://www.greenbeauty.ca)

## The Dress

It is incredible how few designers have gotten hip to the needs of the conscious bride, but they can be found! I turned to the magnificent, eco pioneer designer Adele Wechsler for my gown, made of hemp silk. It is perfect! For my sister, the maid of honor and my three flower girls, Margaret MacLeod created stunning, sweet dresses of hemp silk as well. Her wedding gowns are also beautiful.

A vintage gown is always an option. Remember this is your day... don't skimp on the dress! When you are finished with the gown, you can donate it. Check out [bridesagainstbreastcancer.org](http://bridesagainstbreastcancer.org)



**Audrey** by Margaret MacLeod. The gown is made of hemp and silk with a flower applique. [www.margaretmacleod.com](http://www.margaretmacleod.com)

## The cake

An organic cake is just about as delicious as it can be. You would probably be surprised at how good animal-free baking is! In fact, it is unlikely that you would notice a difference. See what I mean at [www.lpksculinarygroove.com](http://www.lpksculinarygroove.com)



This wedding cake was custom designed by Lesia from LPK's Culinary Groove for clients Shiva and Mark. The cake was made using certified organic and fair trade ingredients, with the dairy and raspberries being local and the flour Canadian.

The first cake flavour was Golden Butter Cake with Cardamom Infusion, Rosewater Essence and Pistachio Buttercream. The second was Golden Butter Cake with Mexican Vanilla Bean Buttercream and Fresh Raspberries.

The first flavour, along with the cake design, was inspired by Shiva's Persian heritage and both Shiva and Mark's love of the colour “pink.”

*Bride photos by Martine Carlina*