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## How green are those Valentine's?

By **DANIEL MACISAAC**

Kermit the Frog used to complain "it's not easy being green." But he didn't know the half of it - just how tough it is to be green, or environmentally friendly, on Valentine's Day.

Were those flowers sprayed with pesticides? Were the workers who picked the cocoa beans for that chocolate treated fairly?

To help answer those and other green questions, Earth's General Store has come up with a tip sheet titled: The Green Romantic: How Can We Green Our Giving.

Besides making downright anti-consumerist recommendations like spending time with someone instead of spending money on them, the advice touches on a range of green delights - including local products.

"Honey Candles in B.C. make a heart-shaped beeswax candle," said General Store manager Deborah Robb. "The candles burn cleaner and they're a renewable source, and they put them in a heart tin, so the packaging is also reusable."

Yes, being green on Valentine's Day requires a lot of forethought, even when slipping between the sheets - since non-organic sheets are more likely to have been made from pesticide-sprayed cotton and treated with formaldehyde.

But what about chocolate, that great escape? Luckily for eco-Edmontonians in love, there are fair-trade and organic varieties available.

"We thought that we'd get on the scene in time for Valentine's Day, so that people looking for really, really good chocolate, and who are environmentally conscious, could have an alternative," said Cyrus Shaoul, who along with his wife and business partner Kerstin Roos, opened the doors to Kerstin's Chocolates at 10139 112 St. just last week.

Shaoul explained that organic chocolate is guaranteed not to have had any pesticides or fungicides used in its processing or preservation.