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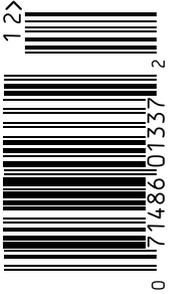
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p.90

10 Things I'm Grateful For

By Tracey Stewart



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Great friends

I am awash in wonderful friends who serve as inspirations in my life while acting as positive role models for my kids. Jo-Anne McArthur, for example, is an award-winning photojournalist, author, and activist who documents the plight of animals on all seven continents. When my daughter grows up, she wants to be just like Susie Coston, who is also my friend and the national shelter director for Farm Sanctuary. I'm incredibly lucky to call these women my friends.

As a former veterinary technician, Tracey Stewart knows a thing or two about the bonds we share with animal companions. The mother of two (and wife of comedian Jon Stewart) is also editor-in-chief of parenting website Moomah, which makes her the ideal candidate to write about how the quality of our lives is directly related to the care we provide for animals. Her dual talents are on display in her new book *Do Unto Animals*, a 200-page tome that uses gorgeous illustrations to teach readers how to speak "dog-ese" and "cat-ese"; explain why we shouldn't bother spiders, bats, and ground beetles; and offer ideas on how to foster a farmed animal even if you live in the big city. We asked this multi-faceted activist to share the 10 things she's most grateful for, and her answers range from the heart-warming (her animal-loving family) and humorous (her son wearing silly costumes) to the delicious (vegan cheese).



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Vegan cheese

With so many delicious plant-based cheeses out there that are just as (if not more) delicious than their dairy counterparts, I've given up on my plans for becoming a super-skinny vegan. I love everything from Miyoko's Kitchen; nothing beats the Double Cream Garlic Herb on a toasted bagel with a slice of tomato. Years ago, when I attempted to go vegan, I was underwhelmed by the non-dairy cheeses, but not any more!

My animal companions

We have two horses, two pigs, four dogs, three rabbits, two guinea pigs, two fish, and a hamster that provide love, laughter, comfort, and purpose. Every day, these animals remind me just how lucky humans are to be able to share our lives with these noble creatures. I love providing for them and watching them thrive, and in return they are generous with their cuddles and cuteness.

1



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My animal-loving family

To the outside world, I can sometimes seem eccentric. But not to my family—they're right there with me. They all want to do everything they can to better the world for all its inhabitants.

HA HA HA!

3

Laughter

When our daughter was younger, she went through a phase in which she was always banging into things because we didn't realize she needed glasses. Any time running into something made her cry, our son would dress in silly costumes and act crazy to get her to laugh. It worked every time. My husband and I believe in the value of humor, and we're always more than happy to laugh at ourselves when an opportunity arises.

6

My garden

From the process, the anticipation, the bounty, the smells, and the critters, I love every aspect of our garden. I treat myself to high-quality tools to feel professional, plus a nice hat and beautiful basket to really feel the part. Last summer we grew tomatoes, micro greens, kale, eggplant, peppers, and garlic. The fruit is delicious, healthy, and serves as a reminder of what can grow when we give something a little care.



Tracey Stewart: Taea Thale; Miyoko's Kitchen: ©Tim Porter

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Animal sanctuaries

The experience of interacting with animals at a sanctuary has a profound effect on the mind and soul, as you come to know the animals not as rescues but as distinct individuals. At Farm Sanctuary in upstate New York, for example, Reuben the sheep is incredibly calm, while Ted, a giant male Holstein, displays a watchful curiosity. Wandering with the cows and sharing their grazing space atop the rolling meadow is a religious experience.

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My vegan handbags

My go-to purse is made by Free People. It's good-looking, reversible, roomy, and comes with a clutch and smaller bag. I love it so much that I have one in every color!

9

Clean water

Recently, I was talking to a permaculture expert about the water on our farm. I said we'd had a real problem with the run-off from rain flooding our barn, to which he replied, "Water is never a problem. You just have to put it to better use." There was so much I loved about that way of looking at things.

Soft t-shirts

I adore a super soft t-shirt, and John Bartlett's animal tees are my favorite. Made in America of 100 percent responsibly sourced cotton, I wear them day in and day out—even to bed. **VN**

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VegNews Food Lover's Tour of Thailand

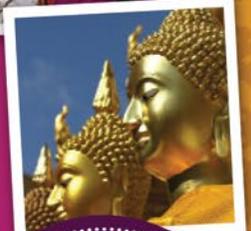
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