



On a visit Dinsmore made to a farm in Costa Rica, there really were toucans and monkeys in the branches overhead. Birds of many species sang and flitted through the trees. A poison dart frog hopped through the leaf litter. And a large yellow snake uncoiled from a tree.

In a region where trees are otherwise being cut for agricultural land and timber, traditional farms like this are “the next best thing to natural forest,” according to a 2010 report from the Smithsonian Migratory Bird Center. Stands of trees surrounding cacao or coffee crops can provide food and shelter for more than 200 species, including threatened and endangered animals and around 150 species of migra-

tory birds who spend summers in the U.S. and Canada and winters far south. Many of these birds are in decline because of habitat loss at both ends of their ranges—Baltimore oriole numbers, for example, have fallen 30 percent since 1980.

By purchasing shade-grown coffee and organic chocolate products, consumers can help protect birds and other wildlife. HSI and The HSUS are doing their part as well by supporting farmers who practice wildlife-sustaining methods.

With a grant from the U.S. State Department (under the Central American Free Trade Agreement), HSI is helping 300 small farmers in Nicaragua and 100 in Costa Rica to bring farms abandoned because of disease back into production. The farmers graft more disease-resistant and productive varieties of cacao onto their existing trees, use organic fertilizers, and plant a variety of native fruit and flowering trees, such as banana, plantain, and palm. HSI also helps farmers get the organic certification that will win their product a higher price. Meanwhile, envi-

Good Harvest

If chocolate or coffee is your consuming passion, make conscientious choices to benefit wildlife and farmers

by KAREN E. LANGE

It's a beautiful vision: In a forest that conjures images of the Garden of Eden, a farmer stretches to pick a ripe pod of cacao, the raw ingredient of chocolate. Above his head, a toucan looks down with a benevolent eye, a sloth lounges in flower-strewn branches, and a howler monkey dangles from a vine. In the shadows lurk an agouti and a deer. A cyan motmot wings swiftly over the forest floor.

The reality, as Jennifer Dinsmore can attest, isn't always as idyllic as the painting on Humane Society International's environmental education poster. Reaching traditional cacao farms in Costa Rica and Nicaragua involves a muddy hike uphill, says HSI's Latin America

program supervisor. It's hot and humid. Often, it's raining. And yet, there is something magical about the cacao farms HSI is helping to bring back into production.





ronmental workshops teach local school-children to appreciate and protect the wild animals in their midst.

To promote eco-friendly coffee, The HSUS has formed a partnership with Grounds for Change, which sells a special Humane Society blend of organic and fair trade certified coffee to support The HSUS's animal protection work. This year the beans are coming from Nicaragua and Bolivia, says Grounds for Change cofounder Kelsey Marshall. Unlike most coffee grown in Latin America, these beans are shade-grown, without the use of pesticides and chemical fertilizers. Elsewhere in

the region, farmers have cut down trees to plant high-yielding sun-grown coffee, creating biological deserts.

If farmers instead plant a diverse mix of trees, allowing them to grow tall enough to provide a canopy, they can supply crucial habitat for birds and other wildlife, says Russell Greenberg, head of the Smithsonian Migratory Bird Center. As for wildlife-friendly cacao, like the kind HSI is promoting in the Talamanca range on the edge of Costa Rica's La Amistad biosphere reserve, Greenberg says it could play a vital role as a buffer around or corridor between protected areas.

For the farmers, these programs mean income—money that will keep them from having to hunt endangered species and other wildlife, cut trees for wood, or clear land for livestock grazing or other crops. It's an innovative approach to ensuring that communities thrive alongside their wildlife and, as Dinsmore says, “that forest remains as forest.”

➤ **LEARN MORE** about coffee and chocolate product certification labels—and what they mean for wildlife—at humanesociety.org/allanimals.

Tiramisu—12 servings

LADYFINGER COOKIES

2 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
½ cup nonhydrogenated margarine
1 cup sugar
½ cup maple syrup
½ cup soy, rice, or almond milk

FILLING

1½ cups soy cream cheese
1½ cups soy sour cream
¾ cup powdered sugar, sifted
2 cups strong-brewed, shade-grown coffee or espresso, cooled to room temperature
2 tablespoons Marsala wine
¼ cup organic bittersweet chocolate shavings (made with a vegetable peeler) or 2 tablespoons unsweetened organic cocoa powder

1. LADYFINGERS: Sift together flour, baking powder, and baking soda; set aside. In the bowl of a standing mixer fitted with the paddle attachment, cream together margarine and sugar until fluffy. Stir in maple syrup. Slowly incorporate the flour mixture until thoroughly combined, alternating with additions of milk. Cover and chill the dough for at least 1 hour.

Preheat oven to 350° F and position a rack in the center of the oven. Line two baking sheets with parchment paper; set aside.

On a lightly floured surface, roll dough into 1-inch balls; then roll each ball into a 2-inch-long stick. Arrange on prepared baking sheets, leaving a few inches of room between each ladyfinger. Bake 8 to 12 minutes, or until cookies are firm and just beginning to brown. Remove from oven and let cool on baking sheets for about 1 minute. When firm enough to move, transfer to a wire rack to cool completely.

2. FILLING: In a standing mixer fitted with the whisk attachment or with a handheld mixer, beat together cream cheese, sour cream, and powdered sugar. Stir together coffee and Marsala in a shallow bowl.



**RECIPE
BOX**

3. ASSEMBLY: Dip a ladyfinger in coffee mixture, soaking it about 4 to 5 seconds on each side; then transfer to a 5-by-9-inch glass baking dish. Repeat with 8 more ladyfingers, arranging them in bottom of dish. Spread half the cream cheese/sour cream mixture evenly over ladyfingers. Make another layer in the same manner with remaining ladyfingers and cream cheese/sour cream mixture. Cover and chill for at least 1 hour, then sprinkle with chocolate and serve.

Recipe courtesy wholefoodsmarket.com

➤ **FOR MORE RECIPES**, visit humanesociety.org/recipes.

IN THE LIMELIGHT



Q & A COLBIE CAILLAT

Singer-songwriter Colbie Caillat has a big hit in her life: a golden retriever named Plum. Not long ago, the young dog was tied up on

a street in Taiwan, bones showing through her fur. Rescued and nursed back to health, Plum found her way to Caillat through the Southern California Golden Retriever Rescue. She's a fitting companion for a singer who is lending her voice to The HSUS's Puppy Mills Campaign. In this edited interview, Caillat tells senior writer Karen E. Lange why she got involved.

Q: What inspired you to work with The HSUS to shut down puppy mills?

CAILLAT: I've always had a love for dogs. When I was younger and

we'd go to pet stores, I'd always want a puppy. And my mom would tell me, "We can't get a puppy. We don't want to support how they're brought up." She told me how important it was to adopt. Most people don't know what happens in puppy mills. They just see the cute puppies in the windows.

Q: Some people say that visiting shelters is too sad. What would you say to them?

CAILLAT: You need to get past that. It would mean so much to one of those animals if you were to take it home and give it a good life. Every dog we've adopted is great and loving and so adorable.

Q: What's the meaning of "Make It Rain" from your new album, *All of You*—the song The HSUS used for Puppy Mill Action Week?

CAILLAT: It's a song about loving and caring for something so much that your heart just goes out to them, like these poor dogs in the puppy mills.

Q: Why do you have such a strong connection with Plum?

CAILLAT: She is just so sweet and so grateful and so loving. We take her everywhere with us, and she's just like a family member.

Q: Can you describe the satisfaction you get from rescuing a dog?

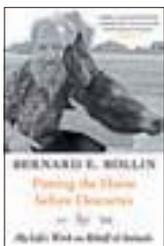
CAILLAT: You feel like you saved someone's life. Every time I see her—like right now, she's lying on her bed next to me with a toy in her mouth and sleeping and she's happy—I can just picture her on the street in Taiwan with a bad life. Now seeing her here so happy, it warms my heart. And it makes me want to do that for another poor dog in need of a home.

BOOK SHELF

For Bernard Rollin, improving animal welfare means learning all he can about an issue, whether it's biomedical research or

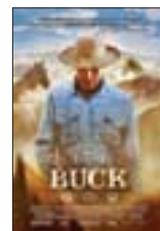
farm animal husbandry. And it means changing minds by reminding people of their core moral values—a Platonic principle he took to heart early in his career as a philosophy professor at Colorado State University. "Chances are that if something bothers me morally, then it will bother you, too," he says. In *Putting the Horse Before Descartes*, Rollin recounts his experiences using these tactics

with research scientists, veterinary professors, ranchers, and even rodeo cowboys. His successes range from achieving reforms in veterinary training to strengthening the federal Animal Welfare Act. With this recently published memoir, he hopes to inspire others to stand up for animals: "Individuals can accomplish a great deal, and you shouldn't lose hope."



The newly released documentary *Buck* reveals the heart and soul of Buck Brannaman, the legendary trainer whose insightful methods inspired *The*

Horse Whisperer novel and movie. Beaten as a child, Brannaman turned to horses for solace. This lyrical film, winner of the Sundance Film Festival Audience Award, follows him around the country as he teaches owners to communicate with sensitivity rather than punishment. "I've really spent my life trying to remember the lessons that I've learned from the horses," Brannaman says, "and I've tried all my life to apply it to people."



▲ **BUCK** is scheduled to be released on DVD Oct. 4. Read an interview with Brannaman at humanesociety.org/allanimals.