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# BOOK CLUB KIT

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By Julia Rockwell

JULIA ROCKWELL



## *Mothering Earth*



THE BUSY FAMILY'S GUIDE  
TO SAVING THE PLANET

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THE MOTHERING EARTH PROJECT  
[motheringearthproject.com](http://motheringearthproject.com)

# BOOK CLUB KIT

Fellow Reader!

I could not be more honored that you have taken the time to read *Mothering Earth*. Years ago, long before this book was ever conceived, I sat in living rooms with friends, discussing what we could do to impart positive change in our lives and communities - just as you are about to do. Although I am not able to sit across from you during your book club gathering, know that your coming together to discuss this book is a seed from which so much can grow.

I began this journey as a mother who was deeply concerned about the world my children were going to inherit. This "eco-life crisis" was a turning point. It was a crossroads that not only changed my family's life and my career but eventually bore this book that had the opportunity to reach so many more people. Sitting in the depths of despair all those years ago, I would never have dreamed I could do such a thing. It was through action that I was able to move from hopelessness to hopefulness. And it led me down a path of healing, growth, connection, and community. If you too are feeling angst about the state of the planet, know that you are not alone and that you have the power to make a difference.

Whether you are new to sustainability or you've been working on this for a while, this book was designed for you. If you're craving more than what is contained in the pages of the book, please check out my website [motheringearthproject.com](http://motheringearthproject.com).

Thank you, Reader! You belong in this movement. Your actions matter. May we live in a way that embodies the world we want for generations to come.

Yours,  
Julia Rockwell



## PRE-MEETING STUFF

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01. GET STARTED  
Choose one eco-action from the book to undertake prior to the book club meeting. Come ready to share how it went (successes, hardships, etc.).
02. FOOD  
Choose a sustainable food/drink theme for your book club gathering such as vegan, plant-based, plastic-free, local, or regenerative/organic.

# DISCUSSION QUESTIONS

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01. Did this book make you want to explore sustainable living more?
02. Of all the information presented in the book, what has stayed you the most? Were there any quotes (or passages) that stood out to you? Why? What are some excerpts that you underlined, or that particularly affected you?
03. What eco-action did you choose to undertake prior to this book club meeting and why? What did you find easy/hard about it? What surprised you? What did you learn? Do you have any tips for anyone interested in undertaking this eco-action too?
04. Which five eco-actions did you choose to put in your Eco-Actionist Agenda (page 34-35)? Which eco-actions felt like they wouldn't work for you?
05. What surprised you most about the book?
06. How did the book make you feel? What emotions did it evoke?
07. How did your opinion of sustainable living change as you read it?
08. If you could ask the author anything, what would it be?
09. Are there lingering questions from the book you're still thinking about?
10. Has this book affected the way you go about your life? If so, in what way?
11. Has the book allowed you to rethink ways you can influence change outside your home - either at work, in your community, or in an area you're passionate about?

## THEMES:

Community  
Connection  
Empowerment  
Individual vs. Collective vs. Systematic Change  
Mindfulness  
Consumption  
Wellness: *Planetary, Individual, Community*

# RECIPES

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## PARTY HUMMUS

**Time:** 10 minutes prep / 10 minutes "cooking"

**Serving:** 6 servings (approx. 1.5 cups)

### Ingredients

1 (15-ounce) can of chickpeas  
1/4 cup fresh lemon juice  
1/4 cup tahini, well-stirred  
1 small garlic clove, minced  
2 tablespoons extra-virgin olive oil, plus more for drizzling  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
2 to 3 tablespoons water or aquafaba  
Dash ground paprika

### Directions

- Combine the tahini and lemon juice in the bowl of a food processor. Mix for 1 minute, then scrape the sides and bottom. Then, mix for more 30 seconds.
- Add the minced garlic, olive oil, cumin, and a 1/2 teaspoon of salt to the mixture. Using the food processor again, mix for 60 seconds, scraping the sides and bottom of the bowl midway, until well-blended.
- Strain and rinse the chickpeas (you can choose to save the watery "aquafaba," if you choose, and use it instead of water in the later step)
- Add half of the strained chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining strained chickpeas and process until thick and quite smooth for 1 to 2 minutes.
- Add salt to taste.
- If the hummus is too thick or still has bits of chickpea, slowly add 2 - 3 tablespoons of water or aquafaba until smooth and creamy.
- Serve with a drizzle of olive oil and a dash of paprika on top.

### Storage

Store it in an airtight container and refrigerate for up to one week.

### Notes

Double or triple the recipe for larger groups. To reduce packaging, serve with vegetables that come free of plastic instead of packaged crackers.

*This recipe is eco-friendly because it's plant-based/vegan and the ingredients can be found plastic-free and organic or regenerative.*

# RECIPES

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## NO-BAKE "COOKIE" ENERGY BALLS

**Time:** 8 minutes prep / 30 minutes chilling / 8 minutes assembling

**Serving:** 24 balls (depending upon size)

### Ingredients

2 ½ cups rolled cups oats  
1 Tbsp. chia seeds  
1 Tbsp. flax seeds  
¾ cup nut butter  
⅓ cup maple syrup  
1 tsp. vanilla extract or flavoring  
¼ tsp. fine salt  
½ cup raisins

### Optional

- Chocolate Chips: If you want to make them even sweeter, you can do ¼ cup raisins and ¼ cup vegan chocolate chips, or remove the raisins entirely and do ½ cup chocolate chips instead. Cacao nibs are also a fun, healthy addition.
- Almond Coconut: Use almond butter as your nut butter and add ¼ cup finely chopped almonds. Reduce oats to 2 cups. Add ¾ cup of shredded coconut. Remove raisins and do ¼ cup vegan chocolate chips instead.
- School Snack and/or Nut Allergies: For a nut-less treat, swap out nut the butter for a seed butter like sunflower seed.

### Directions

- Using a wooden spoon, mix all of your ingredients together until well combined in a large metal bowl.
- Cover with a dish towel and chill in the fridge for 30 minutes.
- Remove and roll the dough into 1" balls.

### Notes

Because vanilla extract has a high alcohol content and the energy balls are not cooked, our family opts to use organic vanilla flavoring instead for this recipe. Also, if after refrigerating, the mixture seems too sticky, you can chill for longer or add additional oats a bit at a time. If too dry, add a little more nut butter syrup. If your hands get super sticky, it becomes hard to roll the balls. Rinse hands every so often to make rolling easier.

### Storage

Store the energy balls in an airtight container such as a repurposed glass jar for up to 2 weeks or in the freezer for up to 3 months.

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# RECIPES

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## ROASTED CHICKPEAS

**Time:** 5 minutes prep / 20 minutes baking

### Ingredients

1 (15-ounce) can chickpeas  
olive oil, for drizzling  
heavy pinch of salt

### Directions

- Preheat oven to 400F.
- Drain and rinse the can of chickpeas in a strainer.
- Once drained, pour the chickpeas onto a flat dish towel (skip paper towels to reduce waste) and pat the chickpeas dry. They need to be dried or they will get soggy when baking.
- Spread the dried chickpeas out evenly on a baking sheet.
- Lightly toss with olive oil, shaking the pan lightly back and forth to ensure all the chickpeas are lightly coated.
- Sprinkle with a heavy pinch of salt.
- Put your tray of chickpeas in the oven at 400F for 20-30 minutes or until they are golden to light brown.
- Remove from the oven and sprinkle with your desired seasoning or leave plain.

### Optional

Adding different seasonings to your roasted chickpeas is a fun way to change them up, and enjoy them in different ways. Once they are cooked, sprinkle lightly with toppings and spices. A few options you might want to try are:

- Chili powder (our family's favorite)
- Smoked paprika and cumin
- Chipotle powder
- Curry powder
- Cinnamon and sugar
- Sesame seeds and garlic powder (and replace olive oil with sesame oil and add sesame seeds at the end)

### Storage

They are best eaten soon after making. However, they can be stored in an airtight container for up to two days.

### Note

Double or triple the recipe for larger groups.

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# MORE

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