



# SAVE OUR FUTURE

*Beloved Earth Community of Riverside Church*

## *In This Issue*

### THE PROBLEM

## Gas Cooking Contributes to Global Warming

“Each year, gas stoves release 2.6 million tons of methane, more than three-quarters of which leak from the appliances when they aren’t even in use. Until this year, these leaked emissions— which are roughly equal to the amount produced by five hundred thousand cars, and are in addition to the stoves’ release of 6.8 million tons of carbon dioxide annually” – *New Yorker* 7/1/22

“Natural gas burning stoves also imperil the planet by releasing methane. While carbon dioxide gets the most attention in conversations about climate change, methane is a huge contributor to planetary warming. Following carbon dioxide, methane is the second most abundant greenhouse gas that humans have pumped into the atmosphere, accounting for about 20 percent of global emissions. Although methane dissipates more quickly than carbon dioxide, it is especially concerning because of its heat-trapping power, which is more than 25 times as potent as carbon dioxide. ...It is estimated that stoves emit between 0.8 and 1.3 percent of the natural gas they consume as unburned methane...

The results of the study have reignited efforts by scientists and activists to encourage Americans to switch to all-electric stoves and appliances. Last January, New York City joined San Francisco and Seattle in curtailing the use of natural gas in new buildings to protect the health of their climate and residents.” – *Smithsonian* 2/1/2022



## Gas Stoves Adversely Affect Your Health

Gas stoves can generate unsafe levels of indoor pollution which can have deleterious effects on your health. “...Over the past decade, a growing body of scientific evidence has shown that gas stoves throw off pollutants like nitrogen dioxide and carbon monoxide. When you are cooking, those invisible pollutants can easily reach levels that would be illegal outdoors, but the Clean Air Act does not reach inside the home.

Scientists link gas stoves to asthma attacks and hospitalizations. In 2008, Johns Hopkins scientists urged doctors to advise parents of asthmatic children to get rid of their gas stoves or at least install powerful exhaust hoods. Asthma is a rampant, discriminatory disease, hitting children and communities of color the hardest.” – *NY Times* 1/27/22

“Over 16 months, researchers led by the Harvard T.H. Chan School of Public Health collected 234 samples of unburned natural gas from 69 homes in the Boston metropolitan area that received natural gas from three suppliers. They found 21 “air toxics” — an Environmental Protection Agency classification of hazardous pollutants known or suspected to cause cancer, birth defects or adverse environmental effects .... Americans spend more than 90 percent of their time indoors, according to the E.P.A., where concentrations of some pollutants can range from two to five times as high as outdoor concentration.” – *NY Times* 6/28/2022

## Induction Cooking

Induction is very popular throughout Europe and plans are afloat to put Induction stoves throughout NYCHA housing.

### Advantages of Induction over Gas and Electric

#### Speed

Food cooks faster because the pan heats up quicker. While both gas and electric cooktops use a middleman to transfer heat to the pan -- flames and an electric burner, respectively -- an induction cooktop generates heat directly in the pan. Electromagnetic activity in the cooktop triggers electromagnetic activity in the pan, and the pan itself heats up...[I]t takes less time for the heat to get to the food -- 25 percent to 50 percent less time, on average.

#### Energy Efficiency

A gas flame is going to release lots of heat around the pan, and an electric burner emits radiant heat at any point where it's not in direct, firm contact with the pan. When heat is generated within the pan itself, as with induction, more of that heat gets to the food, and less of it warms up your kitchen. Energy consumption is reduced, meaning lower power bills and a healthier environment.

#### Safety

The stove top is easily one of the most dangerous places in the kitchen. It's where grease fires begin, where the gas gets left on, and where little hands make contact with very hot surfaces.

First, the most obvious: No flame means no grease fires, and no gas means no gas leaks.

But the induction cooktop has another safety feature: It typically doesn't get all that hot, since the heat is created in the pan itself. This means it would be far less likely for the cooktop to cause a burn. What's more, the pan's response to a turn of the dial is practically immediate, so as soon as you turn off the heat, the pan cools down. This makes it a lot more difficult to burn yourself.

#### Control

Induction cooktops are as responsive as gas to a turn of the dial, and have more settings. Induction allows for much more precise control of heat, with more temperature increments and better performance at very low heat settings. In this way, induction makes cooking delicate sauces or just keeping food warm a lot easier than with a gas flame, which can often falter on the low setting.

### Beloved Earth Community

We call Riversiders to protest the climate crisis and care for the Earth through educational programs, greening the church, changing our lifestyles, and courageous political actions.

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### HOW TO GET GEARED UP FOR INDUCTION

#### 1. Expensive Stove or Inexpensive Cooktop—which is best for you?

Induction stoves can be very expensive and require a triple prong electrical plug, but a single burner Induction cooktop can run you around \$60. A double burner cooktop ranges from \$130 to \$180. Both of these cooktops utilize a double prong plug.

2. Induction cookware must be ferromagnetic (contain iron). Stainless steel or cast iron pans work very well. --For those favorite pans that are not ferromagnetic, you can purchase heat diffusers to set on the Induction cooktop to transfer the heat to your cookware.

### *A Simple, 5-Ingredient Feel-good Meatless Recipe*



#### Vegan Mac N' Cheese (serves 4)

#### Ingredients

- 1 cup cashews, soaked in boiling water for 15 minutes
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 14 oz dry pasta of choice

#### Directions

Cook pasta according to package instructions. While pasta is boiling, blend together remaining ingredients in a high-speed blender. Drain cooked pasta and return to pot. Pour cheese sauce over pasta and heat sauce over medium-low heat for 2-3 minutes. Serve.

<https://www.peacefuldumpling.com/vegan-dinners-easy>

#### Coming up...

- Beloved Earth usually meets the first Saturday of every month at 3 pm, online and sometimes in-person.
- To view this issue online, visit [www.trcnyc.org/belovedearthnewsletter](http://www.trcnyc.org/belovedearthnewsletter)



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