

LIVE GREEN WITH SNAP

Think Globally

November/December 2004



Act Locally

Volume 2, Issue 5

Living Green educates about making choices in our day-to-day lives that reduce our impact on the environment and move us in the direction of a sustainable lifestyle – one that is healthy, ecologically sound, economically viable and socially just

Green News

Phthalates are environmental contaminants that can exhibit hormone-like behavior by acting as endocrine disruptors in humans and animals. When plastics are heated, you could increase the leaching of phthalates from the containers into water and food. In general, whenever you heat something you increase the likelihood of pulling chemicals out. Chemicals can be released from plastic packaging materials like the kinds used in some microwave meals. Some drinking straws say on the label “not for hot beverages”. Most people think the warning is because someone might be burned; however, when you put that straw into a boiling cup of hot coffee, you have a hot water extraction going on, where the chemicals in the straw are being extracted into your nice cup of coffee.

http://www.jhsph.edu/PublicHealthNews/articles/Halden_dioxins.html

Living Green Home Parties

For fun, food, and fellowship, host your own Living Green party. Invite family/friends to your home, make your own safe household cleaner, and learn more about the environment and how you can make a difference.

For information or to schedule a class in your home or office, please call Barb at 744-3370 ext. 205 or email williams@snapwa.org

Consumption Manifesto

Article 1: Reduce, Reuse, and Recycle. This brilliant triad says it all. Reduce: Avoid buying what you don't need -- and when you do get that dishwasher, refrigerator, lawnmower, or toilet, spend the money up front for an efficient model. Reuse: Buy used stuff, and wring the last

drop of usefulness out of most everything you own. Recycle: Do it, but know that it is the last and least effective leg of the triad.

Article 2: When possible stay close to home. Work close to home to shorten your commute; eat food grown nearby; patronize local businesses; join local organizations. All of these will improve the look, shape, smell, and feel of your community.

Article 3: Internal combustion engines are polluting and their use should be minimized when possible.

Article 4: Watch what you eat. Whenever possible, avoid food grown with pesticides, in feedlots, or by agribusiness. It's an easy way to use your dollars to vote against the spread of toxins in our bodies, land, and water.

Article 5: Private industries have very little incentive to improve their environmental practices. Our consumption choices should encourage and support good behavior; our political choices can support government regulation.

Article 6: Support thoughtful innovations in manufacturing and production.

Article 7: Prioritize. Think hardest when buying large objects; do not drive yourself mad fretting over the small ones. It is easy to be distracted by the paper bag puzzle, but an energy-sucking refrigerator is much more worthy of your attention. (Small electronics are an exception)

Article 8: Vote. Use the power of the ballot box to express your viewpoints.

Article 9: Do not feel guilty. It only makes you sad.

Article 10: Enjoy what you have -- the things that are yours alone, and the things that belong to none of us. Both are nice, but the latter are precious. Those things that we cannot manufacture and should never own -- water, air, birds, and trees -- are the foundation of life's pleasures. Without them, we are nothing. With us, there may be nothing left. It is our choice.

Green Recipe Corner

Cider Scalloped Potatoes

2 tablespoons all-purpose flour
1 cup milk
1 cup apple cider
1/2 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon ground nutmeg
1/2 cup (2 ounces) shredded smoked Gouda cheese
1/2 cup (2 ounces) shredded Jarlsberg cheese
2 pounds Yukon gold potatoes peeled and thinly sliced

Place the flour in a medium saucepan. Gradually add the milk, stirring with a whisk until blended. Stir in cider, broth, salt, pepper, and nutmeg; bring to a boil over medium heat, stirring constantly. Remove from heat. Combine cheeses in a small bowl. Arrange half of the potato slices in a shallow 3-quart casserole, and sprinkle with 1/2 cup cheese mixture. Arrange the remaining potato slices on top. Pour the cider mixture over the potatoes, and bake at 425° for 25 minutes. Remove from oven; press potatoes with a spatula. Sprinkle with 1/2 cup cheese mixture, and bake an additional 20 minutes or until potatoes are tender. Let stand 10 minutes.



Subscribe to Living Green E-Letter

To receive your copy of this newsletter e-mail Barb at williams@snapwa.org and you will be added to our e-mail list for the newsletter and other local green information.

Have a Green New Year

are you doing

1. Next year when you are puckering up for your Christmas kiss have a quick think about what you are standing under! Instead of Mistletoe, try using Barberry (*Berberis vulgaris*) instead. The barberry bush produces small red berries. Although this particular species is native to Europe, it now also grows throughout North America.

2. Despite its reputation as a pest species, ivy (*Hedera helix*) is probably one of the best wildlife shrubs you can grow in your garden. As well as providing shelter, nesting places and fruit for many bird and insect species, ivy is also one of the last sources of nectar before the onset of winter. Grow your own ivy, and next year you can harvest some lengths for homegrown decorations.

3. Why not try growing your own Oregon Grape? Oregon grape is an evergreen shrub, which grows throughout the American northwest. It is somewhat misnamed, as the fruit are not actually grapes. It is, however, grown in Oregon (it is the official state flower). Oregon grape is a close relative of barberry (*Berberis vulgaris*).

4. There is nothing like a real fire to chase away those winter blues. If you have a real fire in your home, consider using Energy Logs. Energy Logs are a much cleaner burning fuel than firewood. They create less particulate emissions, less ash and little or no residue.

5. Raise a glass - to bottles with real corks! The traditional and sustainable method of harvesting cork from the cork oak (*Quercus suber*) is under threat. Cork oak woodlands, or *dehesas*, in Spain and Portugal are home to an amazing variety of wildlife, including the endangered Spanish imperial eagle. Cork oaks are also known as *Whistler trees*, because of the many songbirds that inhabit their branches.

Help support an ancient and sustainable industry, and protect the wildlife of the *dehesas*, by buying bottles with natural corks

6. Put on that lovely new woolly jumper that Auntie Beryl gave you for Christmas and turn the heating down a notch or two. Wrapping yourself up this season will help save energy - and in turn, will help save money on your winter heating bills.

7. Save trees by sending electronic Christmas cards over the Internet!

8. Over five million Christmas trees are bought each year in the UK and many millions more in the US. Most of these are thrown away after the festivities, creating thousands of tons of waste. Don't throw your tree in the rubbish this year - compost it as clean green waste at the Waste to Energy Plant. Shredded trees can be used as mulch in yards and gardens.

9. Choose Brazil nuts for your Christmas nibbles. Brazil nuts come directly from tropical rainforests, as their trees cannot be grown in plantations. When a forest is managed for nut collection it can be legally and economically defended from alternative destructive land use practices such as cattle ranching. Brazil nuts were the first non-timber forest product to have certification standards developed and endorsed by the Forest Stewardship Council (FSC) - look out for their logo on forest produce.

Link: <http://www.beretholletia.org - Brazil Nut Page>

10. Beer, wine, and spirits - all those Christmas indulgences create a huge amount of extra waste. 20-30% more glass bottles and cans are collected in the rubbish during the festive season. Use a blue bin!

Link: <http://www.spokanesolidwaste.org/>

11. For some unusual, yet environment and wildlife-friendly gifts - visit locally owned shops! From jewelry and pottery to imports from Nepal, or a CSA (Community Supported Agriculture) share there is something for everyone.

Link:

<http://users.sisna.com/blacknettle/tolstoy/communitysupportedagriculture.html>

12. Give waste-free gifts - sponsor an animal or a tree, give theatre or cinema tickets, or make your own 'trade-it' cards to swap for back massages, foot rubs, or for that big pile of ironing! Alternatively, for a gift that gives a whole year's worth of enjoyment, treat yourself or your family to membership of a club or organization they would enjoy.

13. This year try providing for your garden wildlife! The winter months are particularly hard for our wildlife chums but we can lend a helping hand. A fun way to feed the birds is by making your own wildlife Christmas tree. Choose a tree and 'decorate' it with peanut strings, seed cakes, fat balls, and suet cakes. You will provide them with valuable food to help survive the winter cold, and they will provide you with hours of wildlife entertainment! Don't forget to put down some fresh water whenever you provide food for birds.

14. When buying groceries, books, or anything portable, remember to **SNUB!** (Say No To Unwanted Bags!) Take a strong bag with you when you're out buying.

15. Think about how to become more environmentally friendly through the rest of the year? Make it your New Year's Resolution to 'do your bit' for the environment!

(This is adapted from the at-Bristol website)

Energy Assistance

SNAP's Energy Assistance phone lines (242-2376) will be open on Tuesdays from 10 AM until 2 PM and on Thursdays, from 11 AM until 3 PM. Please have paper and pencil handy and thank you for your patience.

Green Factoid

On an average day, Spokane-area motorists make 1.6 million car trips and drive 9.3 million miles. (Spokane County Air Pollution Authority)



SNAP

212 W. Second Avenue
Spokane, WA 99201
Tel (509) 744-3370 ext 205
<http://www.snapwa.org>

This publication funded (in part) by a Public Participation grant from the Washington State Department of Ecology

