

IT'S EASY BEING GREEN



Solutions for Sustainable Living










***from the
Green Sanctuary Committee
First Unitarian Universalist Society of Marietta***

The information in this booklet has been submitted by members and friends of the Green Sanctuary Committee of the First Unitarian Universalist Society of Marietta. The recipes, stories, and suggestions included here are not from experts or scientists, but are based on personal experiences and observations of our members. We offer no guarantees as to effectiveness or safety of the solutions we have found, but we do advise that they worked for us, and they may work for you, too.

Illustrations by Jane Tumas-Serna

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Put Mother Earth first!



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ENERGY

SOLAR WATER HEATER

Submitted by Jim Grecni

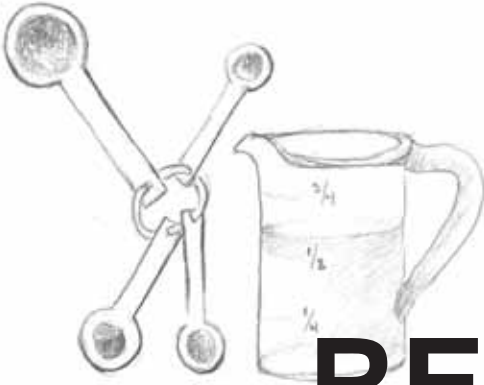
Years ago on a sunny summer day, I was thinking about the hot temperature of water as it comes from a hose lying in the yard. What if, I mused, the hose was black, very long, and located in the sunniest spot I could find.? Then, could I possibly bring the hot water into our house and save money on our energy bills? Well, that is exactly what I did.

Here is how I did it: First, I determined that the best place to put the hose was on the south-facing roof of our passive solar house. I knew that the dark brown shingles would get quite warm whenever the sun shined. Then, I purchased three one hundred foot Sears' Best black hoses with lifetime guarantees. I coiled each hose and attached it to a crisscrossed wood frame, placed and anchored them onto the roof, and connected it all to the water pipe that goes into our water heater. My three hose coils sit on a high part of the roof, and the end of the lowest one is hooked up to a facet that comes out of the roof and is plumbed to a water line near the top of our bathroom shower. The opposite end of the three connected hose coils comes into the house where pipes and valves carry the water into the input side of our hot water heater.

This way, on warm, sunny days, solar preheated water enters the hot water heater and flows to wherever heated water is needed in the house. The total cost of my solar water heater was about \$100 in 1995, and I'm sure that it has saved us many times that amount by reducing our energy bills over the years since. We use this system nearly seven months of the year. I can drain the hoses for the winter or for individual cold nights by turning valves located inside the house. The hose layout is designed to drain by gravity into our shower and our laundry tub once the system is shut off and opened up.

I highly recommend this, or a similar setup for do-it-yourself types who delight in applying simple green solutions to reduce energy consumption.





RECIPES

NATURAL SOLUTIONS

Recipes from *Real Simple* magazine

Submitted by Carolyn Waltzer

Uses for Baking and Washing Soda

Baking soda (sodium bicarbonate) and its close cousin, washing soda (sodium carbonate), both absorb odors. But unlike baking soda, slightly stronger washing soda can't be ingested; wear rubber gloves when handling it. Both are available at supermarkets.

Clean your can opener:

Dip a toothbrush in a paste of 2 tablespoons baking soda and 1 teaspoon water and use it to dislodge gunk.

Clean concrete surfaces:

Pour washing soda generously on oil and grease spots and sprinkle with water until a paste forms. Let stand overnight. The next day, scrub with a damp brush, hose down, and wipe clean.

Clean garden tools:

Dip a moist, stiff-bristled brush in washing soda to scrub trimmers, clippers, and more. Rinse, then place in a sunny area to dry. (Don't use washing soda on aluminum tools.)

Clean grills and barbecue utensils:

To combat tough grease stains, dip a moist, stiff-bristled brush in washing soda and scrub away!

Clean stove burners:

In a dishpan, soak burners in 1 gallon warm water and 1/3 cup washing soda for 30 minutes. Rinse and dry.

Clean stained tea cups and coffee mugs:

Fill with 1 part baking soda and 2 parts water and soak overnight; rub with a sponge and rinse.

Clean upholstered furniture:

To remove odors, sprinkle baking soda on the fabric, then vacuum.

Clean crayon-marked walls:

Erase crayon marks by applying a baking soda paste (equal parts baking soda and water) to white painted walls (baking soda may dull colored walls). Let dry before brushing it off with a clean cloth.

Uses for Vinegar

Distilled white vinegar creates an environment that inhibits the growth of mold, mildew, and some bacteria, such as E. coli and salmonella.

Clean your coffeemaker:

Pour equal parts vinegar and water into the machine's water chamber, then switch on the brew cycle. Halfway

through, turn off the coffeemaker and let the solution sit for about an hour. Turn it on again to complete the cycle, then run several cycles with clean water.

Clean your dishwasher:

To disinfect the interior of the machine, pour 1/2 cup vinegar into the reservoir and run an empty cycle. Or place a small bowl filled with vinegar on the bottom rack and run an empty cycle.

Clean drains-and the pipes they're attached to:

Pour vinegar down the drain. After 30 minutes, flush with cold water

Clean floors:

Add 1/4 cup vinegar to a bucket of warm water to clean almost any type of floor except marble (vinegar can scratch it) or wood (vinegar can strip it).

Clean glassware:

For spotless handwashed glasses, add 1 cup vinegar to the rinse water.

Clean moldy walls:

Spray vinegar on the affected areas. After about 15 minutes, rinse and let dry thoroughly.

Clean showerheads:

To combat mineral deposits, pour vinegar into a plastic grocery bag and knot the handles over the neck of the showerhead, securing with rubber bands. Let soak overnight. Rinse with water in the morning.

Clean your steam iron:

To get rid of mineral deposits, fill the iron with equal parts vinegar and water; press the steam button. Turn off, let cool, empty, and rinse.

Clean windows:

Mix 1/4 cup vinegar, 2 cups water, and a squirt of liquid Castile soap in a spray bottle. Spritz windows and wipe with a sheet of newspaper.

Uses for Lemons

The acid in lemon juice removes dirt and most stains. It's especially effective when mixed with salt, which makes an excellent scouring paste.

Clean your countertops:

Dip the cut side of a lemon half in baking soda to tackle countertops; wipe with a wet sponge and dry. Don't use on delicate stone, like marble, or stainless steel (it may discolor).

Clean your dishes:

To increase the grease-cutting power of your dishwashing detergent, add a teaspoon of lemon juice.

Clean faucets:

Combat lime scale by rubbing lemon juice onto the taps and letting it sit overnight. Wipe with a damp cloth.

Clean garbage disposal:

Cut a lemon in half, then run both pieces through the disposal. The lemon cleans it and makes it smell great.

Clean grout:

Add lemon juice to 1 or 2 teaspoons cream of tartar to make a paste. Apply with a toothbrush, then rinse.

Clean your hands:

Rub your hands with lemon juice to neutralize odors such as fish or onions.

Clean your white laundry:

To brighten whites, add 1/2 cup lemon juice to the rinse cycle for a normal-size load.

Clean your plastic food-storage containers:

To bleach stains from tomato soup and other acidic foods on dishwasher-safe items, rub lemon juice on the spots, let dry in a sunny place, then wash as usual.

Uses for Cooking Oils

Vegetable and plant-based oils, such as olive and sunflower, dislodge dirt, diminish scratches and imperfections, and hydrate wood that has aged or dried out from exposure to the sun.

Clean your cast iron pan:

Make a scrubbing paste with vegetable oil and a teaspoon of coarse salt to combat cooked-on debris, then rinse with hot water.

Clean your hands:

To get paint off your skin, rub with vegetable oil, then wash thoroughly with soap.

Clean leather shoes:

Wipe away dirt with a damp sponge, then apply a drop of vegetable oil to a soft cloth and rub the surface to remove scuff marks. Buff the shoes with a chamois to a shine.

Clean rattan and wicker furniture:

To prevent rattan and wicker from drying or cracking, lightly brush them with vegetable or sunflower oil and gently rub in with a cloth. Warm the oil on the stove first to thin it and make it easier to apply.

Clean stainless-steel surfaces:

For extra sparkle, pour olive oil onto a cloth and buff.

Clean wood furniture:

Make your own polish by mixing 2 cups olive or vegetable oil with the juice of 1 lemon; work it in with a soft cloth. To smooth out scratches in light-colored wood, rub them with a solution of equal parts olive or vegetable oil and lemon juice.

Uses for Borax

This lesser-known mineral fights odors and stains. Available at supermarkets, it costs about \$5 for 4 pounds.

Clean your baseboards, countertops, and walls:

Dissolve 1/2 cup borax in 1 gallon hot water and pour the solution into a spray bottle (which you can store for later use). Spritz generously, wipe down with a damp cloth, and let air-dry.

Clean your china (including hand painted):

Soak china in a dishpan filled with warm water and 1/2 cup borax; rinse well.

Clean your dishwasher:

If the machine is smelling like last night's chicken cacciatore, sprinkle borax in the bottom, let it sit overnight, then wipe down with a damp sponge. No need to rinse; just run the next load.

Clean your pots and pans:

Rub borax into cookware with a damp sponge; rinse well.

Clean your toilet:

Pour borax in the bowl and let it sit overnight. Swish the bowl a few times with a toilet brush and flush the next day.

Clean your laundry:

When added to a wash, borax makes detergents even more effective. It's also quite alkaline, so it kills mold and fungus and softens water.

Uses for Essential Oils

Extracted from plants, some essential oils can kill bacteria and mold. They're very strong, so don't go overboard. They can be purchased at most health food stores.

Clean your combs and brushes:

Fill a container with 1-1/2 cups water, 1/2 cup distilled white vinegar, and 20 drops tea-tree, lavender, or eucalyptus oil. Soak combs and brushes for 20 minutes. Rinse and air-dry.

Clean your scuffed floors:

Apply two to four drops of tea-tree oil to the spots. Wipe excess oil with a cloth and rub in distilled white vinegar.

Clean gum-encrusted items:

Orange oil is great at removing gum from various materials. Apply with a cotton ball. After removing the gum, launder immediately .

Clean shower doors:

Wipe scum-covered glass doors with a few drops of lemon oil twice a month. It will protect them from grime buildup.

Clean toilets:

Add 2 teaspoons tea-tree oil and 2 cups water to a spray bottle. Shake, then spritz along the toilet's insode rim. Let sit for 30 minutes; scrub. You can also place a few drops of your favorite oil on the inside of the toilet-paper tube. Every time the paper is used, the scent will be released.

Clean windows:

Mix 2 ounces water and 10 drops lavender or lemon-grass oil to wipe grime off windows. Bonus: These oils may repel flies.

Uses for Liquid Castile Soap

Like other soaps, this plant-based version efficiently loosens grime and dirt from surfaces, but it's gentler, so it won't dull them.

Clean your car:

Mix 1/4 cup liquid castile soap with hot water in a bucket (fill almost to the top). Rub a generous amount of the solution on your car's exterior, windshield, hubcaps, and tires with a large sponge, then thoroughly hose it off.

Clean your floors:

You can mop almost any type of floor with a solution of 1/4 cup liquid Castile soap and 2 gallons warm water. If the floors are greasy, add 1/4 cup distilled white vinegar to the bucket.

Clean leather upholstery:

Add 2 drops liquid Castile soap to 1 quart warm water. Apply to the leather with a barely moist sponge.

Clean marble countertops:

Stir 1 tablespoon liquid Castile soap into 1 quart warm water. Dampen a cloth with the solution and wipe surface. Rinse, then dry with a clean cloth.

Clean sinks, showers, tubs and ceramic tile:

Create a homemade soft scrubber by combining 1 tablespoon liquid Castile soap and 1/2 cup baking soda.

Clean stovetop and vent hoods:

Add a few squirts of liquid Castile soap to 2 cups hot water. Apply to the stovetop, the burners, and the vent hood to cut through accumulated grease.

Uses for Table Salt

Table salt, sea salt, and kosher salt can all be used, but table salt is the cheapest, so it's the obvious choice.

Clean your artificial flowers:

Place the fake blooms inside a paper bag and pour in salt. Close the bag and shake vigorously. The salt will dislodge accumulated dust and dirt.

Clean your glassware:

Salt won't scratch the way a scouring pad can. To get out stubborn stains, add some salt for extra abrasion and scrub.

Clean greasy pots and pans:

Sprinkle salt on cookware to absorb excess grease. Dump out the salt before washing as usual. (Not recommended for nonstick cookware.)

Clean spills in the oven:

Immediately pour salt on spills to soak them up. When the oven is cool, wipe with a damp sponge.

Clean stained teacups and coffee mugs:

Sprinkle salt on the outside of a lemon peel; rub the affected area until clean.

Clean wooden counters and tables:

Cover grease splatters with salt to absorb as much as possible. Wait an hour, then brush away the salt.

Uses for Toothpaste

Use standard paste, not gel, and steer clear of formulas designed for tartar control and whitening, since they often contain chemicals and additional abrasives that can damage items such as fine silver.

Clean your acrylic accessories:

Squeeze toothpaste onto a toothbrush and work it into scratches until they diminish. Wipe residue off with a cloth.

Clean your chrome fixtures:

To polish faucets and taps in the kitchen or bathroom, smear a dime-size amount of toothpaste onto them, then buff with a soft cloth until they shine.

Clean scuffed linoleum:

Reduce marks by scrubbing them with toothpaste and a dry cloth until no toothpaste residue remains.

Clean piano keys:

Rub each key carefully with a damp cotton swab and a dollop of toothpaste. Wipe dry and buff with a clean cloth.

Clean tarnished silverware:

Put a dab of toothpaste on a soft cloth, rub it onto the tarnish, then rinse with water and dry with a clean cloth.

Clean steam iron:

Mineral deposits can stain an iron's soleplate. Apply a dab of toothpaste and work it into the plate. Use a clean cloth to remove residue.

More Suprising Cleaners

White bread:

Use it to dust an oil painting. Gently dab a slice of white bread over the surface to pick up dirt and grime.

Ketchup:

Use it to remove tarnish from copper and brass cookware. Squeeze ketchup onto a cloth and rub it on pots and pans. They should go back to their coppery color in minutes. rinse with warm water and dry with a towel.

Oatmeal:

Use it to scrub very dirty hands. Make a thick past of oatmeal and water; rinse well.

Rice:

Use it to clean the inside of a vase or a thin-necked bottle. Fill three quarters of the vessel with warm water and add a tablespocon of uncooked rice. Cup your hand over the opening, shake vigorously, and rinse.

Tea:

Use it to scour rusty gardentools. Brew a few pots of strong black tea. when cool, pour into a bucket. Soak the tools for a few hours. Wipe each one with a cloth. (Wear rubber gloves or your hands will be stained.)

Glycerin:

Use it to remove dried wax drippings from candlesticks. Peel off as much wax as possible, then moisten a cotton ball with glycerin and rub until clean.

Club soda:

Use it to shine up a scuffed stainless-steel sink. Buff with a cloth dampened with club soda, then wipe dry with another clean cloth.

Hydrogen peroxide:

Use it to disinfect a keyboard. Dip a cotton swab in hydrogen peroxide to get into those nooks and crannies.

Corn starch:

Use it to clean grease spills on carpets. Pour cornstarch onto spots and let sit for 15 to 30 minutes before vacuuming.

Rubbing alcohol:

Use it to erase permanent-marker stains from finished wood floors or solid-surface countertops. Pour rubbing alcohol onto a cotton ball and apply.



FOOD

BUY LOCAL MEATS

We can't help it--we're omnivores! But even omnivores can be thoughtful of the environment, the food chain, and our own health when we purchase meat locally.

For some time now, we have shopped for sausage, bacon, and other pork products from Campbells at the local Farmers Market. The meats are frozen and ready to store, or to thaw and cook. We are still considering purchasing a whole or half hog, but we've not made that commitment yet.

This past Christmas, we ordered a ham from Kidron Farms--also represented at the Farmers Market. It was delivered frozen but ready to thaw and bake for Christmas dinner. Even though we invited family to join us for the holiday feast, we have plenty of ham to pull from the freezer for future meals. (Per *Joy of Cooking*, one definition of eternity is two people and a ham.)

Another vendor at the Farmers Market offered a lamb raised by her daughter. Sara Lamb had visited her farm and had seen how nicely the grass-fed lambs were raised. She was assured that the lambs were not medicated unnecessarily. The lambs were small – probably about 20 lbs. They cost about \$50 and the processing costs were about \$50 so the total was to be about \$100 for a lamb processed to order. Kevin and Sara thought splitting a lamb with Mike and me would be about the right amount for both our families. The meat was delivered frozen and ready to store. It turned out to be somewhat less costly than originally projected. We have enjoyed

lamb stew, curried lamb, and some lamb chops; we still have a leg roast we're looking forward to.

Another local source of grass-fed meat is Dixon's Elk Run Buffalo Farm. Before purchasing any quantity of buffalo meat, we conducted a taste-test run to try some buffalo burgers (made from Dixon's meat) at a restaurant in Beverly. Delicious! Since then, we have made several purchases of a variety of buffalo meat: steaks, ground meat, roasts, even liver. Buffalo meat needs a bit longer cooking time at a lower temperature. Otherwise, it's mostly like cooking beef. Since Dixon's is a commercial operation, they are required to use some medications, but the buffalo is lower fat, grass-fed, and hormone-free.

BUY LOCAL CHEESE

You can purchase "local" Amish country cheese and butter at Huck's Farm Market on Rt. 60 in Marietta. It is sometimes available at local grocery stores as well.

I am a loyal customer of Buckeye Grove Farm Cheese, available at the Farmers Market. I'm hooked on Hill Folk Jersey cheese, although the other varieties are good, too. The creamery is located in Beallsville, Ohio.

Here's what the Buckeye Grove people have to say about their operation:

"Our grassland natural aged cheese is made from unpasteurized, whole Jersey milk, cheese culture, enzymes and salt. It has no calcium chloride, sodium nitrate, sorbates, dyes, antibiotics, vegetable produce, or powdered milk. Our cows are not supplemented with rBST/rBGH.

We make our cheese simply in European tradition. We stir, form and date stamp each wheel by hand. Our grassland cheeses are young aged and since we do everything ourselves, quantities are limited.

We use Green Earth Methods, which means we produce a highly nutritional food with minimal environmental impact. We are also a member of the Ohio Farmstead - Artisan Cheese Guild.

Ohio Farmhouse Cheese: Cheese that is produced on farm from a farmer's own cows.

Sustainable Green Earth Methods: Living gently, producing milk for the public while impacting the Earth's environment minimally. Our main crop is natural flora grasses and clover that is indigenous to our area. Weeds, as some folks call them, are friendly to the cows as they produce nutrient rich herbage for them and are controlled by grazing and occasional clipping. Pollution and chemicals are used minimally. We embrace both natural environmental gifts and the modern understanding of how to sustain them. Grasses are the natural food for cattle and provide outstanding nutrients for milk products.

Our cows are also supplemented with a minimum amount of grain. We have found out after attempting to cut grain out completely that it just isn't in the best interest of the cow's health, as she will lose body weight and stop producing. This helps insure that our cows are given the minerals and vitamins that their bodies need to stay healthy. Healthy cows = a healthy final product.

Ohio Natural Cheese Production License: A state issued license that provides the necessary food production code and inspection of product and premises along with education for public food production and safety.

HACCP: A modern training and food production system used to standardize world food safety.”

TRY A CSA: COMMUNITY SUPPORTED AGRICULTURE

Sara Lamb introduced us to a local CSA. We purchased a half share and received 18 weeks of organically grown vegetables, fruit, herbs, flowers, recipes and a newsletter from the Mott Family Farm, located in Salesville, Ohio. We were members of a CSA when we lived in Maryland, and we knew it would be a worthwhile endeavor. Even though we planned to work on FUUSM's Community Garden plot and try to have our own garden at home, this guaranteed us a greater variety of organic produce. If/when I learn

to garden and have time to do it, perhaps a CSA won't seem like such a good deal, but for now, it really is!

Here's what Jeff and Shelley Mott have to say about their family farm:

"We are a small family farm specializing in diversified vegetable crops (mostly heirloom varieties), stone fruit and berries. We currently run a 40-member CSA and participate in the Guernsey County Farmer's Market (Cambridge, OH), Farmers at Firehouse (Pittsburgh, PA), and Farmers at Phipps (Pittsburgh, PA). We sell to restaurants in Columbus who are part of the Local Matters network and who also seek local, organic produce. We are Certified Naturally Grown which requires the same stringent growing practices as certified organic, however with the added requirement of marketing locally. We believe in sustainable practices and renewable energy resources in our personal lives as well as for the farm. We use a permanent mulched bed system and do not till (unless we are creating a new bed). Our house runs on solar and wind generation, with a wood-burning stove for our heat. We believe in stimulating and supporting a local economy and will trade/barter for our goods! We offer Family Shares for families of 3-4 people, and Single Shares for 1-2 people (depending on your eating habits!). We include berries, many different varieties of greens, heirloom tomatoes, garlic, onions, potatoes, stone fruit (except for weather-challenged years) and other specialty veggies during our 18-week season."

CSA Details:

Season:	June through September
Type:	single farm
Since:	2007
# of Shares:	45
Full Share:	\$490-\$550/family share
1/2 Share:	\$315-\$365/single share
Work Req?	No

KEEPING CHICKENS & ENJOYING FRESH EGGS

Fresh eggs for breakfast! What a delight!

We've maintained a small flock of chickens for the past several years. Keeping chickens is not difficult, but keeping them safe from predators has been our biggest challenge. We are lucky to have some land with an old chicken coop on it. We started with some chicks that we kept in our computer house until they were big enough to go outside. The first flock of six were all hens--intentionally-- and they laid like crazy for several months. We used a portable outdoor pen for them until Mike fixed a permanent fence. Friends brought us three "Easter chicks" when their grandchildren (and daughter-in-law!) tired of having them in the house. One of the gift chickens turned out to be a rooster, but he was bred to be an eating machine that would soon be someone's chicken dinner--a sad thing, really, because his proportions and heart problems made him all wrong for free-range living. In addition to his health issues, he was literally hen-pecked to the point that he was constantly without tail feathers. He did learn to crow, and he tried to be a man, even though the ladies never accepted him. He never laid an egg, and met an early demise because of his health issues. When the ladies' output dropped significantly, we got a few more chicks the next spring. They were moved outside much earlier, since the coop and yard were set up. Of that batch, we got another rooster and two red hens. Despite having a rooster, we lost some of the old and some of the new to predators, so we tried again with some chicks the next spring. Once again, we got a rooster in the batch. Since we didn't want to be prosecuted for cock fighting, we kept the new birds separate from the older ones until the new girls were ready to start laying. We moved them to the coop, but left their rooster in the separate pen. Unfortunately, the new girls didn't go in at night, and we ended up with major carnage in the chicken yard, with the new girls the victims. What to do? Instead of taking our chances on chicks (and the possibility of more roosters), we purchased some ready-to-lay chickens from one of the egg sellers at the Farmers Market. That replenished our flock, and we worked on our fence, found a home for our spare rooster, and thought all was well. The

next spring we got four more young hens, and figured we'd have to start eating more eggs, but an attack by some marauding skunks changed all that. Turns out, skunks knew how to push open the gate to the chicken yard. The rooster and five of the hens were killed. We rigged a latch for the gate, Mike enlarged the fenced area, and Kerry Blair helped us fix a more secure closure for the hens' door. So we're down to five little red hens: Rosa, Faith, Hope, Number 1, and Number 2. They produce plenty of fresh brown eggs for us, but we may add some more ladies this spring. We feed them commercial feed and scratch grain, plus any scraps that we think they would like. They are free to be in or out most days, to scratch around in their yard and eat grass and bugs. In cold weather, we put an infrared heat lamp in the coop and a heater in their water container. Although I had been supplementing their diet with calcium (for strong egg shells), I recently started saving their own egg shells, which I bake in a slow oven until they are slightly brittle, then crumble them to feed back to the girls. I recommend chickens as fine, productive pets--just keep the predators at bay!

Submitted by Adeline Bailey

ORGANIC MEAT PRODUCERS IN THE LOCAL AREA

Sandy Creek Farms - www.sandycreekfarms.com

King Family Farm (provides meat products to the Casa Nuevo Restaurant in Athens - www.kingfamilyfarm.com)

Ridge View Farm

Suzanne & James Dietz

198 B Keller Lane, Williamstown, WV 26187

(304) 375-4989

rvfbeef@citynet.net

Ridge View Farm sells natural, grass-fed beef by the individual cut, frozen and vacuum packed, or by the whole, half or quarter animal. Products are available on the farm, and lean ground beef is carried in a local health food store. Free delivery is available in Wood County, WV. All animals are raised from birth on the farm with no hormones, antibiotics or commercial feed. Animals are finished on grass in an intensive grazing program.

Still Waters Farm

Diane Curley
652 Allen Run Road
Sistersville, WV 26175
(304) 758-4246
stillwaterswv@yahoo.com

Still Waters Farm sells lamb and beef. Animals are raised on chemical- free pastures with free access to sea kelp and sea salt. Animals receive no growth hormones or artificial feed additives. Meat is processed and sold in individual packages. Certain medicinal and culinary herbs, also grown organically, are available.

Bridlewood Acres

Tracie Laulusa
68401 Mitchell Hollow Rd.
New Plymouth, Ohio 45654
740-596-5604
tlaulusa@bridlewoodacres.com

Pasture-raised poultry products; handmade goat's milk soap; goat meat (seasonal).

Dixon's Elk Run Buffalo Farm

Melva Dixon
23585 St. Route 339
Beverly, Ohio 45715
740-984-2983

Bison meat; on-farm sales too

Harmony Hollow Farms

Rich Blazier
9059 Terrell Rd.
Athens, Ohio 45701
740-592-3806

Athens Farmers Market vendor year-round; pork, rabbit, eggs, asparagus, winter greens

Tillis Highlands Farm

Patricia Tillis
35203 State Rt. 681 S
Albany, Ohio 45710
740-698-0348
pattillis@yahoo.com

Pesticide-free berries, vegetables, flowers, baked goods, jams, pickles, vinegars, goat meat. On-farm sales by appt. June-August

Willow Run Ranch

Matt Starline
19197 River Rd.
Athens, Ohio 45701
740-707-4122
www.willowrunranch.com

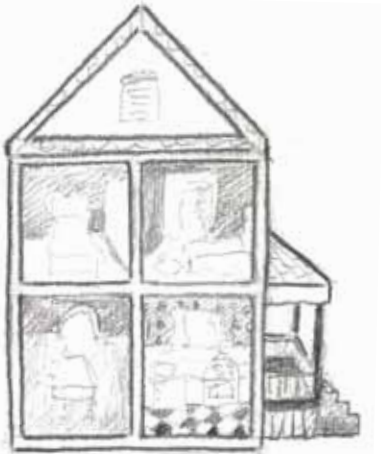
Certified organic mixed vegetables, fruits, herbs; potted plants, starts; eggs, pork, beef, lamb.

Pleasant Meats

2865 Pleasant Hill Road
Athens, OH 45701
(740) 593-8655

Another listed meat producer for the Casa Nuevo which prides itself on using organic foods and meats without added hormones or chemicals in their feed, and raised in humane methods.

List compiled by Gary Hamilton



HOUSEHOLD

DRYER VENT DIVERTER & INDOOR DRYING

For those winter days when I still use my dryer, the dryer vent diverter serves both to heat and humidify our home. The contraption was purchased many years ago, but I feel confident that currently some version of the unit will be available at a home improvement or hardware store. The diverter allows the user to choose whether the heated air coming from the dryer is vented outside or in. An added feature is the screen filter catching dust and lint before it escapes into the house. The cost is very reasonable considering the added cold day comfort. Mostly though, on laundry days our house turns into an indoor clothes dryer with every available ledge decorated with drying clothing. Please avoid visiting us on those days or be prepared to duck.

Submitted by Debra Miller

WINTER HINTS

Some things we have tried to reduce energy consumption, especially during the winter heating season:

Plastic wrapped windows

Kits are available with sheets of plastic to cover your windows on the inside. This makes a big difference on our old, drafty windows that are not fitted with storm windows. The taped-up plastic sheet creates a see-through cover, so you can still let the sunshine in.

Easy to remove in the spring!

Programmable thermostat

Key in temperature settings to keep you warm when you're home during the day and evening, then reduce the temperature at bedtime--automatically.

Draft dodgers

Folded material, something like an old towel or rug, placed at the bottom of exterior doors acts to block drafts.

Sweaters and extra socks

If you're still feeling cold, follow Jimmy Carter's suggestions from long ago. Wearing extra socks keeps your tootsies warm; wearing "sleep socks" helps on winter nights. Or go even further back to the ways of much earlier times and get yourself a night cap!

Cats

Great lap warmers!

Submitted by Adeline Bailey



LAWN CARE

Mow your lawn often and let the clippings lie. This is the best use for grass clippings.

The "Don't Bag It" lawn care plan can save the homeowner time, energy, fertilizers, pesticides, and money, and can reduce the amount of waste going to our landfills. The principle is simple: return clippings to your lawn. By leaving your clippings on the lawn and allowing them to work their way back into soil, you will improve soil health and reduce pesticide and fertilizer use.

In fact, grass clippings contain valuable nutrients that can generate up to 25 percent of your lawn's total fertilizer needs. A hundred pounds of grass clippings can generate and recycle as much as three to four pounds of nitrogen, one-half to one pound of phosphorus, and two to three pounds of potassium back to the lawn. These are the three most important nutrients needed by lawns, and are commonly supplied in lawn fertilizers. Also, grass clippings do not contribute to thatch (an organic debris layer between the soil and live grass) since grass clippings are 75-85 percent water and decompose readily.

Why, then, do many homeowners bag grass clippings? Basically, it is a personal preference and habit most homeowners have acquired. Proper lawn care practices will usually eliminate surface clipping debris and ensure a successful "Don't Bag It" program.

COMPOSTING

Composting is a practical and convenient way to handle yard trimmings such as leaves, grass, thatch, chipped brush, and plant cuttings. It can be easier and cheaper than bagging or paying to have them removed. Compost also improves your soil and the plants growing in it. If you have a garden, a lawn, trees, shrubs, or even planter boxes, you have a use for compost.

Compost returns organic matter to the soil in a usable form. Organic matter in the soil improves plant growth by stimulating the growth of beneficial microorganisms, loosening heavy clay soils to allow better root penetration; improving the capacity to hold water and nutrients particularly in sandy soils; and adding essential nutrients to any soil. Improving your soil is the first step toward improving plant health. Healthy plants help clean air, conserve soil, and beautify landscapes.

Yard trimmings and kitchen scraps use up valuable space in landfills-space that is running out fast! These materials make up 20 to 30 percent of all household wastes. Because of their high moisture content, grass clippings also lower the efficiency of incineration systems. The use of compost can also reduce the use of pesticides and chemical fertilizers in your yard.

All yard trimmings will work as a mulch and for composting, but do not use diseased or infested plants without composting them first. Yard trimmings such as leaves, grass clippings, weeds, thatch, and the remains of garden plants make excellent compost. Other good additions to a compost pile include ground brush, wood ash, and kitchen scraps such as fruit and vegetable peelings, egg shells, and coffee grounds that would otherwise be thrown in the garbage. Care must be taken when composting kitchen scraps. Do not compost meat, bones, and fatty foods such as cheese, salad dressing, and cooking oil. These foods ferment or putrify, cause odors, and can attract rodents and other nocturnal animals that can be pests. Only experts in composting should attempt to compost these materials.

One concern with composting is the fate of lawn care pesticides. Grass clippings and leaves treated with these products should not

be used as a mulch immediately after application and mowing, but should be composted. The most widely used pesticides degrade rapidly during composting or become strongly bound to organic matter in the compost. Their degradation is accelerated by the high temperatures and moist conditions that occur in a compost pile.

HOW TO PREPARE AND USE COMPOST

Remove grass and sod cover from the area where you construct your compost pile to allow direct contact of the materials with soil microorganisms. The following "recipe" for constructing your compost heap is recommended for best results:

1st layer: 3-4" of chopped brush or other coarse material on top of the soil surface. This material allows air circulation around the base of the heap.

2nd layer: 6-8" of mixed scraps, leaves, grass clippings, etc. Materials should be "sponge damp."

3rd layer: 1" of soil serves as an inoculant by adding microorganisms to the heap.

4th layer: (optional) 2-3" of manure to provide the nitrogen needed by microorganisms. Sprinkle lime, wood ash, and/or rock phosphate over the layer of manure to reduce the heap's acidity. Add water if the manure is dry. Add one pound of urea fertilizer or 10 pounds of composted poultry manure per yard of leaves or ground brush if organic sources of nitrogen are not available. Soak these high carbon materials with water before composting. Manure generally should not be used in cities to reduce the potential for fly problems.

5th layer: Repeat steps 1-4 until the bin is full. Scoop out a "basin" at the top to catch rainwater under summer conditions.

A properly made heap will reach temperatures of about 140 degrees F in four to five days. At this time, you will notice the pile "settling." This is a good sign that your heap is working properly. After 3-4 weeks, fork the materials into a new pile, turning the outside of the old heap into the center of the new pile. Add water if

necessary. It is best to turn your compost a second or third time. The compost should be ready to use within three to four months. A heap started in late spring can be ready for use in the autumn. Start another heap in autumn for use in the spring.

You can make compost even faster by turning the pile more often. Check the internal temperature regularly; when it decreases substantially (usually after about a week), turn the pile.

Compost is ready to use when it is dark brown, crumbly, and earthy-smelling. Let it stabilize for a few extra days and screen it through a 1/2" screen if you want the finest product for germination of seedlings. Compost generally should be at least 4-6 months old for use with plant seedlings. Apply a 1-2" layer of compost, and work it in well where you want to grow root crops. Leave it on the surface or work it into the surface 1-2" of the soil for most applications. It is best to keep organic matter near the soil surface. This is known as mulch gardening. It is much easier to control weeds in gardens mulched with compost between rows of plants. Compost used here also does not have to be as decomposed as that worked into seed beds. Have the soil tested for pH and major nutrients (N, P, and K) every two to four years and adjust the amount of lime, ash, fertilizers, etc., added to your compost pile on the basis of feedback from your county agent or Master Gardener.

MULCHING

Woody yard trimmings, leaves, and grass clippings can be used as a mulch for weed control and water retention by simply spreading them beneath plants. For woody materials up to 1" in diameter, rent or purchase a chipper/shredder, or cut with hand tools. Tree services, if they are in your neighborhood, often will deliver wood chips free. Chips can also be used for informal garden paths. Make sure that the chipped wood has been stored in a heap tall enough to reach temperatures of 110-160 degrees F so that the pathogens and pests are killed by heat treatment. The addition of one pound of urea or 10 pounds of composted poultry manure per cubic yard of shredded wood with lots of water speeds the process.

Information from Ohio State University Extension publications



E-MAILS FROM MIKE ABOUT THE GARDEN

First Class with Dr. Frank Porter

For those of you who were not able to attend, this is a summary of what was covered Saturday, February 16 by Dr. Porter.

14 persons attended the class, none of whom were children. Family unit participation is a main goal of this project. This concept will be repeated until it takes.

The business portion was held last, but I will summarize that first in case you're more interested in next week. Since there have been several requests to move the class time to Sunday afternoon and no one attending objected, we agreed to set next weeks class for Sunday at 1:00 pm. Unfortunately, none of the church members in attendance remembered that the annual Great Paper Airplane contest has been scheduled at that exact time for almost a year. Yesterday, I polled all those class attendees I could find and found a consensus to move the time till 2:00 pm. We will have lunch food available between noon and 2 for all who are remaining for either activity. Pizza will be offered to the paper pilots and sandwich making will be available for class attendees.

I do not have specific approval from Dr. Porter to summarize his class and could not begin to do the full talk justice, but we covered some items that will be very important in order to do our community garden as a cooperative effort. All attending that will be doing their own gardens, seemed most interested in doing their gardens in the manner described, as well. I really want to pass this info along the best I can. If anyone who attended, or Dr. Porter himself), finds errors or omissions, feel free to correct me or amend me.

The intention is to be as organic, low maintenance, and fossil-fuel free as possible at the lowest cost possible, and still raise the healthiest, hardiest most prolific vegetables we can. The best way to start to do this is to create compost that will be combined with other organic materials to make the soil as nutritiously and physically welcome to the plants as possible. egetables we can.

Proper compost can be created in variety of containers (I've re-attached the compost attachment from last week). Dr. Porter has found the best way to build the compost layering is to start with a wicker made of twigs and laid on bare ground – air circulation and moisture exposure are a must. Next comes a layer of manure, aged at least a year. Above this is any combination of organic layers – crushed leaves & twigs, grass & table scraps (no meat!). This all should get turned regularly (see attachment). If done properly, this can be ready to use in just a few short weeks. We would like to try to do a community compost, but the details are still being worked out. For now, if you are willing and able and not needing it for your own compost heap, try tossing non meat food scraps into a container near your sink. We are told by Jim Grecni that if you leave the top OFF, which shouldn't draw too many bugs this time of year, it will NOT stink. Plan on covering it and bringing it to dump into a larger container at church on Sunday. A receptacle will be set up in the basement of the RE building where we receive aluminum. It will then be taken to wherever we set up our main bin(s), possibly at the community garden. We also may need a good supply of leaves. Dr. Porter tells us that generally, we should avoid black walnut leaves.

I think I will especially be observing an avoidance of poison oak and ivy. Cautions against diseased plants and chemically treated

plants also seem wise, if not common sense.

When it's time to amend the soil (right before planting perhaps?), the compost is mixed with equal portions of crushed leaves, crushed bark or twigs, and peat moss or compost (this is our out in case we can't produce enough compost.) We then add smaller portions (1:240 – which is 1 cup for five gallons of the main portions added together - 15 gallons) of green sand, dried blood, bone meal and triple phosphate. I am looking to procure each of these in a fair size quantity (they can get expensive) so that we can split the cost and not have a lot of waste. If anyone knows a FREE source of these items, get back to me right away. I have them on order, sort of, but haven't paid for them yet.

We were also told that the only tools we'll need are a tine fork, a good hoe and a garden rake. We were told the best way to do raised beds and why we should do them. We will be doing this in the community garden and if you wish to learn more about them, you will have another chance at that time.

I know that many of you wanted to attend last Saturday and just weren't able to. You missed a very good presentation but will still have the opportunity to learn so much more about the kind of gardening I described above. Next week's class (at 2:00 on Sunday, February 22) will be partly about building a worm farm, and partly about garden plot layout – what compliments what and what should be away from what. We will be taking requests for specific plantings from the children first, so Please, bring the whole family. That's a lot of what this about.

Gardening Report

Last Sunday the Porter potters gathered to learn about, among other things, growing vegetables from seeds. We then went to the Community Garden site behind Food-for-Less and saw first hand how to construct a raised bed. (We have room in our garden for twelve such beds.) We planted cabbage and broccoli. We now have most of the materials to do finish setting up our garden properly. If you have any interest at all in enjoying, fresh, free, organic vegetables grown by your own hand, you still have an opportunity to learn how and make it happen. We will be reviewing the important

knowledge Dr. Porter has been giving us and will be working in the garden some more this coming Sunday, March 15. The space is large enough for all of us to gain from it and have plenty left over to give to the community. We will meet first in the Fellowship Hall where Dr. Porter will not only do a review, but will pass along info about maintaining and harvesting. Please be there no later than 12:30.

Garden Party

Hi “Green” thumbs,

Some of you have repeatedly begged off the Porter classes due to other engagements, but claimed a desire for future involvement. I will try to schedule random garden parties, so that at some point everyone will have a chance to get their hands dirty. I will sometimes schedule it way ahead of time and sometimes give very short notice. Short notice: Laura and I will be over there this afternoon (Thursday) for a while beginning at 1:00. If you really want to work in the garden on your own time, please call me before doing anything permanent (like planting stuff), because I have this need to pretend I can actually maintain some sense of order and control on this project. If you plant something we don’t know about and it doesn’t get on our map it would likely get pulled as a weed later on.

We currently have three beds. The first (8 foot long) already has cabbage and broccoli planted. The second (beside the first – 16 foot long) is partially planted with potatoes and will likely be filled the rest of the way with brussell sprouts and kale or something after today. The third bed (16 foot long) is not finished. We need well matured manure and decayed leaves to fill out the body of the bed. If anyone knows sources of either of these items, it would be greatly appreciated if you would let me know.

We will work in the garden Sunday after service, whether or not we find more manure. I can always buy some peat moss. It wouldn’t hurt to try different things anyway. Sunday looks to be an OK day for working outside. I do have sympathy for those of you who are doing your own gardens – just keep in mind that my home garden is as big as our part at the community garden and I’m doing both. I hope someone can join me.

Hi All,

I forgot to make the big announcement yesterday and don't know if Chris knows about the change, but green Sanctuary will be putting a free of charge, locally/organically grown, chemical and poison free dinner on FRIDAY, August 14, 2009 in the Fellowship Hall at 6:30 PM. Menu to be announced.

Thanks,

Mike

CREATING A WORM FARM: Workshop with Dr. Frank Porter

Step 1:

Place organic compost material in colander-style bin Number One. The small rods are to support bin Number Two, a second colander style bin that will actually hold the worms.



Step 2:

Place both bins in a solid sided, slightly larger bin (Number Three).



Step 3:

Finely shred organic materials like paper and vegetable scraps to make a tasty medium for the worms. Fun for worm farmers of any age!



Step 4:
Put the Red Wigglers
into their new home.



Step 5:
Add more stuff and a little mois-
ture.



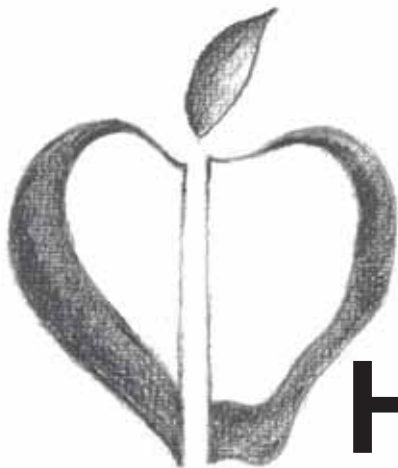
Step 6:
Take a good look before you put
the cover on your new worm
habitat.



Step 7:
It may not look good to you, but
the worms will like it. Be sure to
feed them regularly so you can
collect their castings to feed your
garden.

GREEN DINNER





HEALTH

BUG REPELLANT

Submitted by Zena Grecni

The Center for Disease Control (CDC) approves four different chemicals for use on skin and clothing to avoid the bites of disease carrying mosquitoes. Three of the chemicals are manufactured (DEET, Picaridin, and IR3535). The fourth active ingredient approved by the CDC is oil of lemon eucalyptus, the most effective known natural mosquito repellent. Lemon eucalyptus grows only in China and Australia (not a local ingredient), but you can buy its essential oil from a natural products store like Whole Foods. You might also check with any local store that sells other essential oils to see if they can order it. The oil is very potent, so avoid putting it directly on your skin. Instead, dilute it with olive oil. Use this recipe or create your own blend!

Natural Mosquito Repellent:

0.5 fl oz 100% lemon eucalyptus essential oil
8-12 fl oz olive oil
0.25 fl oz 100% citronella essential oil (optional)



Blend ingredients and store in a dispensing container-- you might use a spray bottle of

some sort for easy application. Shake well before applying. Refrigeration is not necessary for the mixture, but refrigerate any extra essential oil.

You can dilute the solution as much as you desire, but I suggest you use a ratio of at least 1:24 (L.E. oil : olive oil) so that the repellent is strong enough to work. If the solution feels a little oily at first, just keep in mind that olive oil applied directly to the skin after sun exposure has been shown to reduce your risk of skin cancer.



COMMUNITY

Trap Neuter Release

My most significant green activity is TNR of abandoned cats in my neighborhood. (For those who don't know, this is Trap Neuter Release. You capture an abandoned cat, have it spayed or neutered, and return it to where it was found. You also provide food and shelter.)

I do this because it is the humane and responsible thing to do. It also helps our environment. One unspayed female cat can be the source of 100 to 400 adult cats in a period of seven years. An unneutered male can produce many more. Cats take a toll on the environment. If a cat is fortunate enough to end up in a shelter, it consumes food and water. The soiled litter goes to the landfill. If the cat is then killed (most of them are), a chemical must be used to euthenize it. Then it is cremated, adding to the pollution.

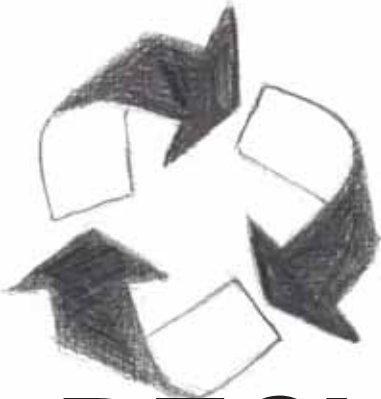
TNRing a few cats a year is a bit of work and costs some money. For me it is a meaningful contribution to our environment.

Submitted by Joan Coffey

Earth Day 2009



The Green Sanctuary Committee sponsored a booth and conducted a survey to inventory green practices. All those who completed the survey were entered in a drawing for a hand-powered lantern. The winner was our own Cynthia Ting!



RECYCLING

Green Tips from GS Members

Use washable cloth napkins, handkerchiefs and dishtowels instead of paper ones. This reduces the use of natural resources and landfill waste.

Use a washable cloth impregnated with olive oil to dust wood furniture instead of commercial furniture polish. This reduces the potentially harmful chemicals in your home.

Use olive oil as a polish on any unfinished wood instead of commercial furniture polish. This reduces the potentially harmful chemicals in your home.

Use baking soda as scouring powder instead of chemical-laden commercial cleansers.

Brush teeth with baking soda to whiten, instead of chemical-laden commercial products.

Choose products manufactured from recycled materials, thus providing a market demand for recycling.

Avoid using disposable, nonrecyclable, nonbiodegradable dinnerware. In both production and disposal, these products contribute to the pollution of our environment that lasts for generations.

Submitted by Diana Bungard

I've been recycling for 35 years, watching what I buy, etc. Right now I'm watching how I use what I buy. For example, I reuse purchased plastic bags for many items, and I feel I have cut in half the number that I use.

Submitted by Caroline Putnam

FUUSM Recycles!

- paper
- glass
- plastic
- aluminum
- metal
- coffee grounds
- food scraps

Recycle containers are located in the kitchen.

We also recycle

- **batteries**

for hazardous waste collection

- **ink jet and toner printer cartridges**

fundraiser for a local environmental group (Friends of Lower Muskingum)

- **cell phones/small electronics**

for fundraising for our own projects

Please check with a Green Sanctuary committee member about collection locations for these items.

Funding for Green Sanctuary projects is derived in large part from selling aluminum we've collected to a metal recycler. Please save your rinsed aluminum cans and other clean aluminum for us to recycle! You can drop it off any/every Sunday near the basement door of the RE/Office building.

THANKS!



Originally conceived as a Green Sanctuary project for 2009, this “green” book was developed as follows:

Submissions 2009
Compilation 2010
Layout January 2011