



Weekly Greening

Committed to Going Greener Week by Week in Campus Life

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Eco-Friendly in the Office:

Eating Local



The sun is shining and the sky is cloud-free which means it's time to start your shopping at your local stands!

If you're looking for a local Farmer's Market that's close to work, right by the Metro in Tenleytown, than **Whole Foods**, believe it not, is the place for you. **Every Tuesday from 3-7pm** small family-run farm stands come to our Whole Foods to sell their fresh goods.

Meats, eggs, flowers, herbs, baked goods, fruits, vegetables

Now if you already have your favorite place to shop but are in need of a few cooking lessons, check out **Just Simply...Cuisine**. They offer cooking

classes, consultation on preparing meals, and **culinary excursions** around the world. They focus on incorporating locally-grown ingredients into cooking daily and taking advantage of fresh and seasonal foods.

*3224 Cathedral Avenue, NW
Washington, DC 20008*

Instead of trekking into DC for classes, you can always read about the **100 Mile Diet Pledge** and purchase one of the many books written about it!

www.100milediet.org

If you use cold water for 18 loads of laundry, you will save enough energy to drive to your favorite restaurant 1 time. If 1,000 people join us, we could power a local school for 9 days.

willyoujoinus.com

Weekly Tasks

- Make a conscious effort to take advantage of the good weather and the fresh fruits and vegetables that come with it.
- Challenge yourself to eat local!

Helpful Website of the Week

www.localharvest.org

Use this site to find a farmers market closer to home

Eco-Friendly in the Home:

Planting a Garden



As you may or may not know, our first lady, Michelle Obama, is starting a garden on the White House lawn for fresh veggies and as an educational tool for her two daughters. If Michelle can do it, why not you?

Since spring is just around the corner, get excited for planting season with these getting started tips:

- Make sure to break up the soil and remove as many weeds (roots included) as possible
- Water on a schedule; plants will thrive with consistent watering
- Avoid the following:
 - Planting potatoes next to tomatoes or squash
- Planting beans next to onions
- Planting broccoli next to tomatoes
- Planting carrots next to dill
- Don't plant all at once-read the directions on the seed packs to ensure that your veggies mature at different points in the season
- Vegetables that thrive in containers (ideal for places with limited space) include: tomatoes, eggplants, peppers, chard, lettuce, beans, peas, and cucumbers

Fact Check

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The times less oil and gas is consumed on a regional diet than a typical diet, as cited by a study in Iowa

100milediet.org/why-eat-local

*Courtesy of
www.helpfulgardener.com*