

LIVING GREEN

Education for a Healthy Future

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VOL. #1 ISSUE #2



Start where you are. Use what you have. Do what you can. – Arthur Ashe

DO YOU WANT TO KNOW MORE ABOUT THE LIVING GREEN PROGRAM?

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At the Car Wash

Summer road construction is here! Whether you are exploring back trails or wrangling with road construction – your car gets dirty. You can take your car to a local car wash, let local fundraising groups wash it or perform the task at home. If you choose the latter because it will save money and the environment, think again. The following tips will help you save money, water and the environment.

- Wash vehicles on the grass or unpaved areas to prevent run-off into the storm drain. Toxic water from storm drains gets discharged into lakes and streams.
- If you have to use special cleaners for your car make sure it is a non-toxic, biodegradable detergent.
- Turn the water off or purchase an automatic shut-off nozzle while washing your vehicle. A standard garden hose uses 10 gallons of water per minute, which equals 100 gallons for a 10-minute car wash.

If you take your car to a professional car wash, consider a business with an Envirostar certification. These businesses have shown their commitment to environmentally responsible practices for their staff and community.

Find them here: <http://www.envirostars.org>



Keep the Bugs Away!

Most homeowners equate summer time spent outdoors with pesky mosquitoes. What about the others inside? When it gets hot outside, a lot of pests come in for cooler environments.

Here are some tips to keep them away:

- Seal cracks around your home's exterior.
- Repair torn windows and sliding door screens.
- Eliminate standing water such as: bird baths, clogged gutters and pools.
- Trim shrubs and trees away from your home.
- Clean your pets' feeding and drinking area.
- Inspect garage and garbage for clutter, dirt and pest activity.
- Clean countertops on a regular basis.
- Seal food packages.

NON-TOXIC STRATEGIES FOR FLIES:

- Use small sachets of crushed mint around the house.
- Wrap bay leaves, cloves or eucalyptus in small cheesecloth squares and hang from doors & windows.
- Place small, open containers of sweet basil or clover around open food.
- In problem areas, place a few drops of eucalyptus oil on a cloth to deter flies.
- Mix ¼ Cup syrup, 1 Tablespoon sugar and 1 Tablespoon brown sugar in a small bowl. Cut strips of brown bag paper and let soak in mixture overnight. The next day, punch a hole in the top and hang with string to catch flies.



CAN YOU GUESS WHAT I AM?



Living Green would like to say thank you to our spring intern from Whitworth University.

Evan brought passion and enthusiasm in developing a current marketing plan.

Would you like to be like Evan? Check out our volunteer opportunities on our website.

STAFF FAVORITE THIS MONTH:

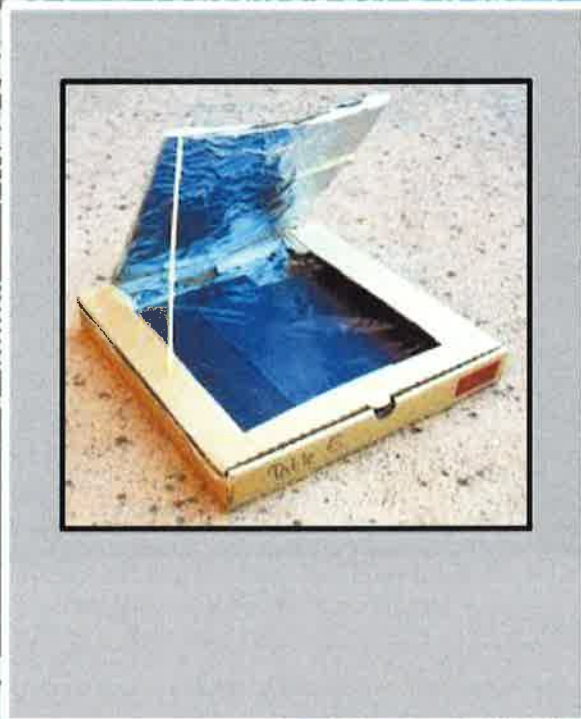
BOOK: *"The Small Budget Gardener: All the Dirt on Saving Money in Your Garden."*

Maureen Gilmer

WEBSITE: WSU Master Gardener

<http://spokane-county.wsu.edu/spokane/eastside/index.htm>

Let the Sun Shine In!



Summer is a time when cooking outside helps keep energy costs down. What if you don't have a way to cook outdoors? Use a pizza box to make your own solar oven.

Materials:

Cardboard pizza box	Aluminum foil	Ruler
Box knife or scissors	Clear tape	Newspaper
Plastic wrap	Black paper	

Directions:

1. Use a box knife or scissors to cut a flap in the lid of the pizza box. Cut along three sides, leaving about an inch between the sides of the flap and the lid edges. Fold the flap out so that it stands up when the box lid is closed.
2. Cover the inner side of the flap with aluminum foil. Tightly wrap the foil around the flap, then tape it to the back (or outer side of the flap).
3. Use clear plastic wrap to create a window for sun to enter. Open the box and tape a double layer of plastic wrap over the opening you made when you cut the flap in the lid. Leave about an inch around the sides and tape each one down securely, sealing out the air.
4. Line the bottom of the box with black construction paper.
5. Insulate the oven so that it holds more heat, roll up sheets of newspaper and place them on the bottom of the box. Tape them down so that they form a border around the cooking area. Make sure that the lid can still close. Best time to use the solar oven is when the sun is high overhead (11am-3pm). Use the flap to reflect the sun onto the plastic covered window.

One solar oven recipe you can try: Sun Baked Potato

You will need a small metal rack (the kind used to cool baked cookies), and a large glass bowl or baking dish.

1. Remove the plastic wrap from your solar oven. Put the metal rack inside the pizza box, so that it is surrounded by newspaper insulation. Set up your oven in a sunny area.
2. Scrub 1-2 small potatoes to remove all of the dirt from the skins. Use a fork to pierce the skin of each potato a few times, to let steam escape while it is cooking. Rub the skins with a little butter or olive oil, and then sprinkle salt over the potatoes.
3. Put the potatoes onto the metal rack, and then put the glass bowl to cover the opening of the box, so it seals air inside of the pizza box.
4. Your potato will cook slowly in the sun, taking most of the day. Reposition your oven every half hour or so. You can test when the potato is done by using a fork. If you can easily pierce the center of the potato, it is ready to eat!
5. You can make your sun baked potato into mashed potatoes by adding milk and butter, or eat it with salt and pepper. Enjoy!

Further Resource for DIY Solar Oven:

<http://www.builditsolar.com/Projects/Cooking/cooking.htm>

Save Money and Stay Cool in the Kitchen

I don't know about you, but hot summer days result in a miserable cooking environment in my house. My husband's answer is to grill everything. But what about those items that you can't grill? From my research, I found some handy tips that can save energy, water and bouts of summer blues.

- Prepare extra meals when weather is cooler or at night and stash in the freezer for later.
- Eat and drink cold foods such as: salads, fruit, sandwiches, ice water, etc.
- Cook in a covered pot on the stove, in your microwave or an electric skillet.
- Make sure covered pots are the right size. You can save up to \$36 annually on electric ranges and \$18 on gas by using pots appropriately proportionate to your burners.
- Keep gas range burners clean to ensure maximum efficiency.
- Leaky faucets can result in wasted water, energy and money. Hot water leaks at 1-drip-per second and adds up to 1,661 gallons of water wasted per year. That is approximately \$35 in annual wasted energy costs.



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