

# LIVING GREEN

## Education for a Healthy Future

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I DON'T WANT TO  
PROTECT THE  
ENVIRONMENT,  
I WANT TO CREATE A  
WORLD WHERE THE  
ENVIRONMENT DOESN'T  
NEED PROTECTING.

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

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### STAYING COOL IN THE SUMMER

Summers in the Inland Northwest get warm! It is important to keep your home cool while also being energy efficient. Here are some strategies to keep you cool:

One no cost method is to close all doors and windows during the day. Open windows and set fans in them to ventilate the house at night.

If you have an air conditioner, set the thermostat to 78 degrees. In addition, use ceiling fans to circulate the cool air throughout the house.

Close off vents in bedrooms and other rooms that you do not use during the day. Shut the blinds and close the doors to these rooms and they will stay cool without air conditioning.

Avoid heat generating tasks until the evening. This could be anything from using a dishwasher, to washing clothes, taking a hot shower, or using your oven.

Windows are one of the ways that heat gets into your home during the day, so setting up white window shades or mini-blinds on windows that receive direct sunlight is an easy way to keep your home cool.

Applying low-e film to your windows is also an easy way to keep your home cool during the summer while saving heat during the winter.

# LIVING GREEN SUMMER LOVIN'

## WATER WISE LANDSCAPING

The most important thing about watering your garden is choosing the right tool. Soaker hoses and sprinkler wands are much more efficient than garden hoses as not nearly as much water is evaporated while watering.

Many Americans over-water parts of their garden or lawns, so make sure that you are giving each plant the appropriate amount of water. Lawns need about an inch a week while perennial plants and shrubs need 1 to 2 inches a week. For annuals, make sure to check the tag as there is no general rule for watering.

It's easy to waste water while watering. Make sure that you are only watering the ground directly under a plant and not its foliage or areas where its roots do not reach. If you notice water pooling or running off, stop watering and wait for the plant or soil to absorb the water before continuing. Finally, make sure any automatic sprinklers or drip lines are appropriately placed and operating. If sprinklers are spraying the side of your home or off of your lawn they should be adjusted in a way that avoids this. Drip lines should be cut to length so they are not applying water to areas that do not need it.

The morning is the best time to water. As the day gets hotter and the sun comes out, water will evaporate and you will use more. Watering after the sun has set can encourage the development of fungus in your garden, so early morning is always the best time.

THERE IS NO SUCH  
THING AS "AWAY".  
WHEN WE THROW  
ANYTHING AWAY IT  
MUST GO SOMEWHERE.

- ANNIE LEONARD

STUFF

## CEILING FAN TROUBLES?

Has your ceiling fan stopped working or is not operating efficiently? Here are some solutions to common issues.

### #1 Fan Wobbles while Spinning?

Measure how far off each ceiling blade is from the ceiling. If one blade is lower than the others then the fan will be out of balance causing it to wobble. The solution? Apply double sided tape and small weights such as coins on the opposite side of the blade that is hanging lower. Once enough weight has been added and all blades are an equal distance from the ceiling, the wobble should be gone!

### *Ceiling Fan Troubles? (Continued)*

### #2 Fan Stops Working?

There are two likely culprits: 1) the capacitor and pull chain or 2) the light switch. Replacing both of these parts is quite simple and will likely get your fan working well again.

### Video Tutorials for Replacement of Parts:

#### ***Pull chain replacement***

<https://www.youtube.com/watch?v=6MRzdo8FeBE>

#### ***Capacitor replacement***

<https://www.youtube.com/watch?v=2beJsWPRZzs>

If you have performed the above repairs and it still doesn't work, you may need to install a new fan or call a professional.



# LIVING GREEN SUMMER LOVIN'

*The earth  
has music  
for those  
who listen.*

*Shakespeare*



## HOME COMPOSTING

Home compost has many benefits to those who garden, landscape or just want healthy plants. By creating your own compost you reuse yard and food waste to produce a natural fertilizer.

To compost you need two elements: carbon and nitrogen. Sources of carbon (aka: brown) are: dead leaves, dried lawn clippings, or even sawdust and limited amounts of wood ash. Sources of nitrogen (aka: green) are: vegetable & fruit scraps, coffee grounds and fresh lawn clippings. Do not add meat, dairy, or oils.

A simple outdoor bin from a home improvement or gardening store is all you need to combine these elements. You can find bins that are small or large, simple or elaborate. Just choose one that fits your needs and budget.

Place the bin outside, and add a combination of carbon and nitrogen, mix it up, and keep it moist. Check it occasionally to make sure that it hasn't dried out. If you have a lot of dry materials you will need more water.

Every week or two, turn the pile by simply mixing it up with a pitchfork or shovel.

## A BREATH OF FRESH AIR...

Surprisingly, the air quality in your home is almost always worse than the air quality outside. Ovens, stoves, and furnaces all release particles into the air while pet dander and dust mites also release allergens. The good news is that there are many ways to improve your air quality.

If you use air conditioning make sure that you have a HEPA filter. It will increase the AC's efficiency and keep the air in your home cleaner. You can also run HEPA filters in rooms which you spend a lot of time in or in rooms like the kitchen that are likely to release the most particles into the air.

When cleaning your home make sure to use cleaners that have low levels of volatile organic compounds or VOCs. Also avoid scented cleaners as they often have ingredients that can be irritating to your lungs. The easiest way to avoid both of these is to make your own non-toxic cleaners. Learn more about making your own non-toxic cleaners on our website (still need to load the instruction sheets to the web and hyperlink this)

One of the simplest improvements you can make to the air in your home is to cut down on anything that creates smoke. Indoor fire places, smoking inside, and cooking things that release smoke are all things that greatly reduce the quality of the air in your home.



## **MAKE A POT OUT OF NEWSPAPER**

### ***Pots that you can plant right into the soil!***

#### **Materials Needed:**

1 Sheet newspaper      1 Can      Potting Soil      Waterproof Tray

#### **Directions:**

1. Fold the sheet of newspaper lengthwise to create a strip.
2. Set the can on its side on one end of the strip, with the base about 2 inches up from the cut edge. Roll the newspaper around the can to create a cylinder.
3. Fold the free end of the cylinder inward and continue, until you have made the base of the pot.
4. Slip the can out. Fold the top ½ - 1" of the pot inward to create a rim.
5. Fill the pot with potting soil & seeds. Set in a waterproof tray.
6. When ready to plant, dig a hole deep enough to bury the pot so the rim is below the soil surface.



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