

Living Green is 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.

WORD ON THE STREET



All week, May 16-21.

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Bike to Work Week is upon us once again! This year, the goal is to get 1,700 people registered to ride during the week of May 16th – 21st. In the 2008 inaugural year, organizers from the Bicycle Advisory Board and other community members were blown away with 1,300 participants. Now more popular than ever in its third year, Bike to Work Week has a variety of new, fun events. This year BTW is challenging teams of co-workers to engage in friendly competition for the most miles, as well as encouraging students and teachers at local schools to participate in “Roll to School Days”. You can register online at

www.biketoworkspokane.org.

With events like Bike to Work Week and Spokefest bringing more folks out to the streets on two wheels, the Spokane

community has more reason than ever to think about street planning and development. On April 5th, Spokane’s City Council voted in favor of reviewing a Complete Streets planning process. In a nutshell, Complete Streets advocates for the development of streets that are conducive to all users, including bicyclists, public transportation users, and pedestrians.

With this non-binding agreement, city workers will identify current problems and issues with Spokane street planning and development, looking for opportunities to support and fund steps towards the creation of Complete Streets.

For more information, visit: www.futurewise.org/completestreetsspokane.

THE SAFE CHEMICALS ACT

Since World War II, the production of industrial chemicals has risen rapidly, with the US generating or importing around 42 billion pounds per day. A recent bio-monitoring survey by the Centers for Disease Control and Prevention found traces of 212 environmental

chemicals in Americans- including toxic metals, pesticides, flame retardants and even perchlorate, an ingredient in rocket fuel. Chemicals like these, including bisphenol A (BPA) and phthalates, which are common ingredients in modern

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New Jersey Senator
Frank Lautenberg *commons.wikimedia.com*



Washington recently banned baby bottles and sports bottles containing BPA, see page 4.

The Safe Chemicals Act, *continued from p. 1*

plastics, may disrupt the human endocrine system, leading to severe developmental problems.

Washington State officially passed legislation to control exposure to BPA. Starting on July 1, 2011, only BPA free baby bottles and cups can be sold legally in the state. Sports bottles will also be included in the ban on July 1, 2012.

The only federal legislation that addresses our exposure to chemicals is the Toxic Substances Control Act (TSCA). Written in 1976, it is widely acknowledged that the TSCA isn't protecting Americans from all the current toxic chemicals that exist today.

In the years since the TSCA became law, the Environmental Protection Agency (EPA) has been able to issue restrictions on only five chemicals while 83,000 are on the market in consumer goods. The EPA even lacked the power to ban the dangerous carcinogen asbestos.

But this is changing. Even the chemical industry has admitted that TSCA needs to be reformed, and New Jersey Senator, Frank Lautenberg has just introduced legislation to overhaul the TSCA. Known as the *Safe Chemicals Act*, it would require manufacturers to prove the safety of their products in order to

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Liberty Lake Farmers Market, 1421 N Meadowwood, Saturdays 9-1pm. Open May 15th. libertylakefarmersmarket@gmail.com, or 475-4574.

Spokane Farmers' Market, 5th Ave between Brown and Division, Open May 15th for Saturdays 8-1pm; open June 9th, for Wednesdays too, 8-1.

www.Spokanefarmersmarket.org, or call 995-0182

Millwood Farmers' Market, 3223 N Marguerite Rd, Wednesdays 3-7pm. Open May 19th.

www.millwoodmarket.org
Call 924-2350.

South Perry Farmers' Market, 924 South Perry St. Thursdays 3-7pm. Open June 3rd. 509-607-2456

NEW MARKET LOCATIONS

Now with over 50 vendors in its 12th year, the Spokane Farmer's Market is trying out a new location. With building construction and street renovation projects on 2nd, the Market will move just a few blocks from its previous home to a new grassy patch of land, just north of Sacred Heart Hospital on 5th between Browne and Division.

Also in a new location is the South Perry Farmer's Market. Formerly on 11th in the Emmanuel Center parking lot, the market will move to the parking lot of The Shop coffee house (see address at left).

Although this location change was unexpected, market manager Stacy Blowers is optimistic. "This [change] has affected our market financially,

due to the increase in expense of now having to rent our space, but has



The old location, First Covenant Church parking lot.

provided us with the challenge of creating a more self-sustainable market-place," she said. "We feel that we're ready for the challenge to provide a community-focused market-place in the heart of the South Perry neighborhood that promotes and practices social, economic, and environmental sustainability."

ORGANIC LAWN CARE TIPS

Everyone knows how much time and energy we spend on our lawns. It is also clear that we apply far more fertilizers and pesticides to lawns than necessary. Chemical fertilizers and pesticides actually create the conditions that require their use. The more you use them, the more you have to use them. This is polluting; bad for the environment and for you.

If you are not ready to replace your current lawn with low maintenance lawn grass or native vegetation, here are some organic lawn management tips that will make for a far healthier lawn and healthier home environment too.

Start with the soil: Is your soil hard? Does water run off and then quickly dry out? This is typical of lawns that are heavily treated with weed and feed products and are cut short with the clippings hauled away. Soils need insects, worms and microorganisms to be healthy, and these organisms eat organic material like lawn clippings.

To begin to increase the organic material in your soil, aerate it with a plug type aerator. Do not remove the plugs, let them break down. After aeration, top dress the lawn with compost.

Mow high: Give your lawn a chance to become healthy; let it grow. Leave your lawn 3 to 4 inches high. The more leaf area, the more food the grass produces for itself and the healthier it becomes. As weeds

begin to grow, taller grass can shade them out. When grass is cut short it actually must grow faster to produce its food through photosynthesis. This leads to more mowing.

Leave lawn clippings: Where does organic material come from if not from your lawn clippings themselves? Leaving clippings on the lawn is called grass-cycling. Clippings do not cause thatch, they will disappear in a day or two, and they are a good source of organic material for the soil and nitrogen for the grass.

Say no to weed and feed: Do not use petrochemical fertilizers, pesticides or weed and feed products. They are detrimental to soil organisms and to soil health. The more you use them, the more you will need to use them because of deteriorating soils conditions. When needed, use fertilizers made with organic ingredients like fish meal, bone meal, kelp, guano, etc. Add white Dutch clover, a nitrogen fixing legume, to your lawn for healthy soils.

Water less frequently: A poorly maintained lawn with unhealthy soil can hold only 10% of the water of natural woodlands. Enrich the soil with organics (see the steps above), and water weekly and deeply (about 1 inch) to encourage roots to grow deeper into the soil. (Perhaps more frequently at first.) To measure the amount of water, place a tuna can under the sprinkler. When it is full you have watered about an inch.

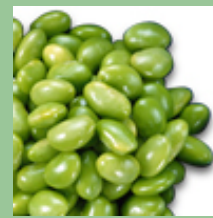
GREEN RECIPE CORNER

Edamame Hummus*

- 2 C spinach
- 1 C frozen edamame
- 3-5 cloves garlic
- 1/2 C tahini
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 Tbsp tamari
- 1-2 tsp cumin
- Salt and pepper to taste

Blend all ingredients!

Makes 2 cups.



From La Dolce Vegan, by Sarah Kramer

***Edamame** is the whole, fresh bean known as soy. It can be found frozen, in the shell or without. Traditionally the Edamame side dish of restaurants is served with the whole bean pod, boiled and salted and the pods are discarded. For other dishes it is helpful to find them pre-shelled.

Hummus is a puree of beans. The most commonly used bean is Garbanzo, or chickpea, but other beans make great hummus too, like lentils, white bean, or black bean. Beans are also very high in protein and fiber.

UPCOMING EVENTS

5/8 Garden Expo 2010
Spokane Community College, 1810 N Greene St, 10-4pm, Free admission and parking.

5/8, 5/22 Farm Camps for children and families! "A Day on the Farm" and "From Pots to Potatoes". Held at the Community Farm at 10425 S. Andrus, Cheney, 10-4pm. To register, call or email (509) 435-5210, eden@freshabundance.com. For more info, visit www.peachlocal.com.

5/13 Beginning Organic Gardening by SNAP's Living Green at 212 W 2nd, ste 100. 5:30-6:30, Free.

5/15 Eco Depot Solar Power Class Learn the basics of Solar Power and what is required to get

started. Registration is \$35.00 and includes materials and handouts. Contact Nadine Sullivan at 509-924-8803 or email nadine@ecodepotinc.com.

5/ 16-21 Bike To Work Week Visit www.biketoworkspokane.org to learn more details.

5/20 Robert F Kennedy Jr speaking with the Spokane Riverkeeper and the Pend Orielle Waterkeeper at the Martin Center, GU at 7:30pm. Call for info: 835-5211, tickets at www.brownpapertickets.com/event/105137

5/29 Intensive Gardening Techniques Learn about permaculture design and techniques to increase harvest production while de-

creasing water usage. 10-11:30am, Pre-registered \$20/ At the farm \$25. 10425 S. Andrus. Call 435-5210 or email eden@freshabundance.com to register.

6/3 Cob Oven: A Sustainable Design and Building Project SCC Architecture students will present their designs for a community cob oven and discuss the building process. 9:30-10:20am and 10:30-11:20am. SCC Hagan Foundation Center. For more information, call 533-8048.

6/26 Quick Cheese Making Learn quick herbed goat cheese at the Community Farm. 10-11:30am; \$20 in advance, \$25 the day of 435-5210

The Safe Chemicals Act, *continued from p. 2*

keep them on the market. The new proposal will be complete by mid-summer of this year before congress votes on it.

Until then, progress has been made to ban the toxin BPA in Washington State. Governor Gregoire signed the law to control public exposure to BPA.

Starting July 1, 2011, only BPA free baby bottles and cups can be sold. Washington is the fifth state to make this move, and is the second state to include sports bottles, which will also be included in the ban by July 1, 2012.



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