



Recycling Tidbits

Carpooling

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A car with basic fuel efficiency driven just twenty-five miles a day costs you nearly \$100 per month in gas. Cut that number in half – or more – by sharing your commute, car pooling the kids to school, or partnering up with a neighbor for grocery runs. The key is getting yourself in a formal (or informal) ride share program, where compatible travel goals leads to cost savings for all involved. It may not be something you've considered before, but ride share programs are quite common and are easy to find thanks to

the Internet. Actually, the local Department of Transportation puts together ride-share and park and ride information to make commuting in WI easier. Check out Wisconsin's Rideshare's website for more information.

Other databases making ride share connections include: eRide-Share, PickupPal, car-poolworld, and Rideshare-Directory. Check out multiple listings to get an idea of what's out there and the possibilities for ride share arrangements.

Often large corporations have their own rideshare programs as well. Look for postings in the break room or send out a work wide e-mail to find someone to ride with.

Many universities have rideshare programs to help commuting students or those going home for the weekend or holiday breaks. This information can usually be found online, in the dorms, or in other common areas.



Stump the Grump

What does oatmeal from the 1870's and recycling have in common?

Quaker Oats Oatmeal, an American classic, was one of the first products to utilize the new packaging approach of 100% recycled paperboard.

These Recipes Will Please You

Quaker Oats Bran - cups cold water five minutes
MARZ: Bring one quart of water to a boil in a large pot. Pour over the salt slightly and stir in one cup of bran, stirring well. one cup Quaker Oats Bran. Strain carefully into a Cook thirty minutes. Remove the lid, stir, season before removing. Just before serving, add one cup of raisins, and serve from the refrigerator.
Quaker Oats Muffins: To very well beaten eggs, add one cup of bran, one cup of sugar, and one cup of milk. Mix thoroughly and bake in a 350 degree oven for 20 minutes.
Quaker Oats Soup: (for one person) Soak one heaping cup of bran in one and one-half cups of water for 20 minutes. Drain and add to a pot with one cup of water. Cook for 15 minutes. Add one cup of milk and one cup of sugar. Cook for 5 minutes. Stir in one cup of raisins. Serve hot.



Unplugged Electronics

The US Department of Energy reports that the average household spends \$1,900 each year on energy costs. Ten percent of that cost comes from electronics that are on standby or not in use. Having so many devices plugged in around the clock can really add up – defeating the effort to be eco-friendly and cost conscious.

By simply unplugging TVs, computers, cell phone chargers, stereos, coffee makers, and lamps we can save ourselves around \$190 a year! This cost

savings can also be accomplished by using a power strip that can easily be turned off and on with a flip of a switch.

Another power hungry item is keeping the Wi-Fi connection active on your gaming console. Left on, the energy consumed is around 10 watts, but when turned off it drops to 1.3 watts.

High energy efficient appliances such as washing machines, dryers, TVs, water heaters, freezers and refrigerators can help avoid draining

electricity as well. When buying new appliances or electronics make sure you close the energy loop by properly disposing of old or unwanted items. Household electronics can be recycled for free at any of our Area Collection Stations or at the Dunn County Transfer Station. Appliances may be brought in as well. A fee is involved for items with Freon.



The Right Paper Choice

Choosing paper that is made from sustainable methods is an important way to confront global climate change and protect wildlife. However, when confronted at the store by the many different reams or packages of paper, it's hard to know what to buy.

The first place to look is at the label at the end of the ream, which shows a variety of symbols. A typical label might look like this:



Notice the symbols in the middle of the label?



These are examples of the three types of symbols to look for.

Green Certification Programs



The Forest Stewardship Council certifies the paper came from sustainably harvested forests.

Green Seal certifies many green products, including paper.



Environmental Choice is a Canadian government environmental certification.

Recycled Content

The chasing arrows symbol is the universal symbol of recycling. Some paper products are made from 100 percent recycled fibers, while others are partially made from recycled fibers. If you see the chasing arrows

**Information From the National Wildlife Federation*

symbol (recycle sign) with the words "100% Recycled Fiber" or no words underneath, the product is made from 100 percent recycled fibers.

This symbol, which lists the percent recycled below it, tells you the paper product was partially made from recycled fibers.



Chlorine Use

Many paper products are bleached and this uses chlorine or chlorine compounds which can be very damaging to the environment.



This symbol is for recycled papers which have been processed without chlorine.



This symbol is for non-recycled papers which have been processed without chlorine.

How Paper is Recycled

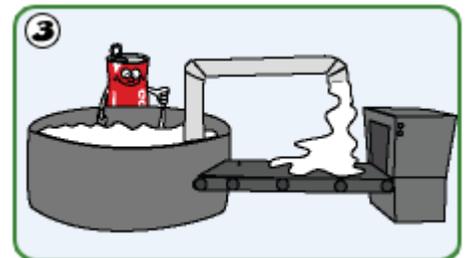
**pictures courtesy of recyclingguide.org.uk*



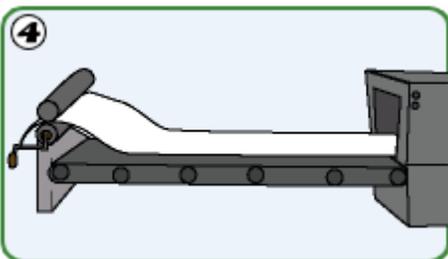
Separated paper is picked up via curbside collection or dropped off at an Area Collection Station and then deposited in a recycling truck.



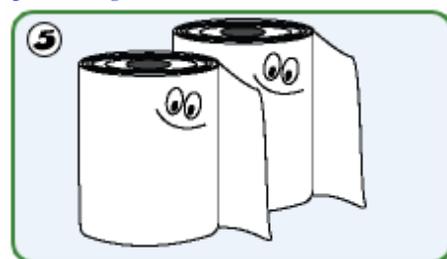
The paper is then taken to the Transfer Station or Materials Recovery Facility (MRF) in Menomonie where it is compressed into large bales. The bales are then sold to a paper manufacturer for processing.



The manufacturer then washes the paper with various chemicals such as hydrogen peroxide, caustic soda, and soap and water, which separate out the various fibers and removes inks, plastic film, staples and glue.



The paper is put into a large holder where it is mixed with water to create a "slurry". By adding different materials to the "slurry" different paper products can be created, such as cardboard, newsprints or office paper.



Next the slurry is spread using heated rollers to make thin sheets. The paper is dried and run through a machine that acts like an ironing board. The paper is then wound into huge rolls that weigh up to 30 tons.



Finally, the paper is tested for strength, brightness and gloss. Paper that meets qualifying standards is cut and sent to printers. The quality of recycled paper is comparable to that made from virgin raw materials.

Community Supported Agriculture

*originally published by Local Harvest

Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of "shares" to the public. Interested consumers that purchase a share (aka a "membership" or a "subscription") receive in return a box/bag/basket of seasonal produce each week throughout the farming season. Typically a share consists of vegetables, but other farm products may be included. This arrangement creates several rewards for both the farmer and the consumer. In brief:

Advantages for farmers:

1. Able to spend time marketing the food early in the year, before their 16 hour days in the field begin
2. Receives payment early in the season, which helps with the farm's cash flow
3. Has an opportunity to get to know the people who eat the food they grow

Advantages for consumers:

1. Receives ultra-fresh food, with optimum flavor and vitamin benefits
2. Discovers new vegetables and new ways of cooking
3. Children favor food from "their" farm – even veggies they've never been known to eat

4. Develops a relationship with the farmer who grows their food and learns more about how food is grown



Tips for Potential CSA Members

Don't expect all your produce to come from the CSA.

Depending on the size of your family and how much you cook, you will probably find that you need to supplement the CSA vegetables, especially staples like onions, garlic, and carrots.

If you are not used to eating seasonally, do some research.

In most areas, the first crops will yield salad greens, peas, green onions, and the like. By the end of the season, the CSA boxes should be much heavier, with things like winter squash, potatoes, tomatoes, and broccoli. Many farms provide a list of what produce to expect and when. It's worth reading. If they don't offer you such a list, ask.

Quantity varies – good to ask up front.

When filling the weekly CSA baskets, farmers try and provide a variety of items, in a reasonable quantity. They don't want to be skimpy, and they don't want to overwhelm their members. Over time, farmers develop a feel for how much is the right amount for their particular community – what's fair, what's reasonable, what will get eaten. Of course, the weather and other mitigating circumstances can get in the way of their ability to provide the ideal amount, as discussed above.

If you want to preserve food for winter, ask.

Some farms allow members to get extra quantities of certain vegetables for canning or freezing. If this is something that interests you, talk to the farmer early in the season.

Make sure you understand the policies.

Farms differ in their policies regarding what happens with your box if you don't pick it up (i.e. vacation, something-came-up, I forgot, etc.) Make sure you know how these situations are dealt with, before the season starts.

To find a CSA or Farmers' Market near you visit www.localharvest.org.



Shorter Showers



An old man is giving a bath to his 2 year old grandson with bore water, and says to his grandson "In my time, I used to bathe in a big river. In your dad's time there was a small lake. Now you only have water from the ground. There might be a time when your children have to bathe with a cup of water."

Tips and Tricks

Take a short shower instead of a bath. A 5-10 minute

shower uses less water than a full bath tub. If you are going to use the tub, plug the drain immediately and adjust the temperature while it fills.

Install a more efficient shower fixture. Efficient fixtures maintain that high, feel-good pressure while lowering the amount of water used. If you don't have one already check it out at you local hardware store.

Shower during the warmer part of the day and use cooler water. Showering during the heat of the

day is a great way to reduce your hot water consumption. The warmer the surrounding air, the less need you'll feel to crank up the heat. Who knows, you might even feel like cooling off.

Shower in bursts. Get wet, turn off the faucet to lather, then turn it on again to rinse.

Set a timer. Set a timer to maintain a shorter shower. Once the timer goes off so does the water.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - The Lorax by Dr. Seuss