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Recycling Tidbits

Sneak Peak

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This year Dunn County Solid Waste has decided to create one large Recycling and Solid Waste Guide instead of the spring and fall newsletters. This guide includes everything our staff could think of that residents may want to dispose of.

Stop out and see us at the Dunn County Fair for a free copy or wait until it arrives in your mail box later this summer. The staff at Dunn County Solid Waste hope you'll find this guide informative as well as useful. As always if you have questions on where to dis-

pose of an item give us a call. If we don't know an answer immediately (yes it can happen) we'll do some research and get back to you.

I hope you enjoy your sneak peak at this years Recycling and Solid Waste Guide.

A-Z Disposal

Stump the Grump

Americans eat approximately 304 bananas a minute. How many bananas is that each year?

Answer:

Americans eat approximately 3.2 billion bananas each year.



American Flags

According to the United States Flag Code, any



American flag that is worn, damaged or tattered beyond repair should be disposed of in a respectful and dignified manner. If you wish to dispose of a retired American flag please bring it to the Transfer Station or any Area Collection Station and give it to an attendant. Flags are then transported to the Dunn County Veterans Service Office for proper disposal in a formal flag retirement ceremony. Worn and tattered flags

may also be brought directly to the Dunn County Veterans Service Office located in the Dunn County Community Services Building, Suite 116, 3001 US Hwy 12 East, Menomonie.

Automotive

Residents may recycle the following automotive materials at the Transfer Station or any Area Collection Station year round for no fee; antifreeze, car batteries, motor oil and oil absorbents. Car batteries and motor oil from businesses may be recycled at these locations for free as well.

Ashes

Ashes must be completely cooled before disposal. Ashes will not be accepted at any Area Collection Station or the Transfer Station and Recycling Center unless they have been cooled for at least one week. Cooled ash should be placed in the demo bin, not with the trash. There is no disposal fee for cooled ash.



Hot ashes ignited a fire at the Boyceville Collection Station in January of 2014.

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A-Z Disposal continued...

Bulbs

Bulbs may be recycled year round at the Transfer Station or any Area Collection Station. CFLs and LED lights are free; others have small recycling fees which range in price. Large volumes of bulbs, especially from businesses, should be brought directly to the Transfer Station, do not shrink-wrap or tape bulbs together.



E-Cigarettes

Locally, e-cigarettes can be recycled at the E-Cig 53 store at 1400 N Broadway St, Menomonie, WI 54751. Call (715) 309-4144 for more information. In addition to the cartridges, please remember to recycle the lithium ion batteries in the e-cigarette by bringing them to a hazardous waste collection. Unwanted or expired e-liquid or e-juice can be disposed of at a hazardous waste collection. These events are held each September.

Eyeglasses

Eyeglasses may be recycled at the Dunn County Transfer Station and all Area Collection Stations. As part of the "Lions Recycle for Sight Program", the Menomonie Lions have provided eyeglass collection containers at all Dunn County Solid Waste/Recycling sites. The collected eyeglasses will be delivered to a regional Lions Eyeglass Recycling Center where they are cleaned, sorted by prescription strength and packaged. The glasses are then furnished to people in developing countries where they will have the greatest impact.



Fire Extinguishers

Empty fire extinguishers may be recycled with scrap metal. Full or outdated fire extinguishers may be brought to North Star Fire Systems Corporation in Eau Claire for proper disposal; (715) 836-7515.

Sharps

For the safety of the public and the waste handlers, appropriate storage containers must be used to properly dispose of sharps. Free sharps containers for syringes, needles, lancets, EpiPens, etc. can be picked up at the Transfer Station or any Area Collection Station. Once filled, these appropriate containers may be brought to these same facilities during the public hours of operation. Only one empty container may be picked up at a time. All full sharps containers should be handled through a site attendant.



Funding for this program is meant for individual residents of Dunn County. The program is not intended to subsidize sharps containers or disposal for businesses such as: nursing homes, clinics, hospitals, assisted living homes or treatment centers.

SodaStream Carbonators

SodaStream carbonators are not accepted for recycling through Dunn County Solid Waste. Please take these items to one of the following retailers instead.



Six area retailers (Best Buy, Kitchen Collection, Kohl's, Shopko, Target and Wal-Mart) will exchange empty

SodaStream carbonators for refills, but only three will accept empty, unwanted SodaStream carbonators for recycling. These locations include: Kitchen Collection, Kohl's, and Target.

Unwanted Mail

The average person spends eight months of their life handling unsolicited mail and in one year, 100 million trees are used to produce such printed matter. Just one day's unwanted correspondence contains the energy to heat 250,000 homes! By stopping excessive mailings over six million tons of annual waste can be avoided.



Here's who to contact

- To stop "preapproved" credit and insurance offers, visit www.optoutprescreen.com or call 888-567-8688.
- To reduce the number of catalogs and marketing brochures in your mailbox, go to www.dmchoice.org. At the same website, you can elect to reduce the number of e-mail solicitations you receive.
- To cease delivery of unsolicited phone books, check out www.yellowpagesgoesgreen.org.
- To decide which catalogs you'd care to receive and omit welcome ones, go to www.catalogchoice.org.



10 Things to do with Banana Peels



Did you know that 12% of the weight of a banana is in the peel? Or that most bananas grow within 30 degrees of the equator? Did you also know there are a bunch of different ways to reuse banana peels?

1. Fertilize tomato plants

Wrap a banana peel around your tomato starts so they can absorb the nutrients from it throughout the season.



2. Feed indoor plants

Soak a banana peel in a large jar of water, then combine 1 part of the resulting banana peel water to 5 parts regular water.

3. Use in compost

Banana peels break down quickly and add lots of nutrients to the soil for vegetables and fruits.

4. Relieve rashes and itches

Rub the peel over bug bites, poison ivy and rashes to reduce itchiness and promote healing.

5. Feed animals

Add some ground dried banana peels to the feed for chickens, pigs, rabbits, and livestock.

6. Make vinegar

Use the sour flavor of banana peel vinegar on salads, to flavor water or tea, and in any recipe that calls for vinegar.

7. Tenderize meat

Add a ripe banana peel to a roasting pan to keep boneless, skinless meats tender from toughening up and drying out during cooking.



8. Eat the peel

Get even more nutrients, antioxidants, and fiber from the fruit by boiling the peel for 10 minutes, putting it through a juicer, or blending it with other fruits. Make sure to clean the peel to remove pesticides.

9. Attract butterflies and peels

Put peels from overripe bananas on a raised platform in the garden and watch them flock to the sweetness. Beware that bees and wasps may also be attracted to the peels.

10. Polish leather and silver

Rub the pithy side of the banana peel on leather shoes, jackets or furniture and buff with a soft cloth. Blend a peel with water and use the mixture to shine silver.

This article is thanks to Sustainable America. To learn more about Sustainable America visit them online at www.sustainableamerica.org.

Using Ripe Bananas

The perfect banana will be brown and/or have spots all over it. Once a banana is overripe like that it can be put in the freezer whole until ready to use and then thawed.

My freezer is full of ripe bananas waiting for me to use. My favorite recipe is banana muffins. This recipe can also be used in a bread pan. Take note these muffins don't rise as high as other recipes. Enjoy!



Ingredients:

- 2 cups almond flour
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp vanilla
- ¼ cup honey
- 3 large eggs, beaten
- 2 ripe bananas, mashed

Directions:

Preheat oven to 325°. Line a muffin tin with muffin cups or coat with oil.

Combine the almond flour, baking soda and salt in a bowl.

Combine the vanilla, honey, beaten eggs and mashed banana in another bowl.

Add the wet ingredients to the dry ingredients and mix well. Evenly fill the muffin cups with batter.

Bake for 18 to 20 minutes until a toothpick inserted in the middle of a muffin comes out clean.

Makes 10-12 muffins.