

Two Tiny Girls Go Green
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Here is our team: Michelle Benedum and Katherine Sussman



My name is Michelle Benedum and I recently moved to Moscow, Idaho to finish my Bachelor degree in Conservation Planning and Management. I am originally from a small farming town in Ohio where I studied Wildlife Management. I am hoping to go to grad school and focus on environmental policy analysis here at UI next year. I discovered PGC from our campus representative Kelly Painter. The biggest inspiration I felt over the course of the month was the amount of support I received from my friends and family and how they weren't just involved, but have made changes in their own routine. Over the month I have learned so much about living environmentally conscious and hope to continue this journey until the end!

Two Tiny Girls Go Green

Following this letter you will see our top 10 Project Green Challenge submissions. We believed these challenges not only represent the work we have put into this month but also show our dedication to this challenge. These ten submissions may not have been the challenges we have won but we feel these are our best work. These submissions also show which challenges we learned the most or inspired us the most.

One of our favorite challenges found below includes the FLONS dinner we hosted with two of our closest friends. This challenge was great because we got to spend an evening with people we care about while pursuing a challenge we also care about. We also included our blog website "Gone with the Waste". We did win the Zero Waste challenge but more importantly it sparked an interest on Facebook, Instagram, and the blog itself. We created an Instagram page for Two Tiny Girls Go Green and had an individual personally message us and tell us we were inspiring to him and his work place. Those are the things that have truly mattered during this month long challenge.



Throughout this month we have not only been able to educate ourselves but also our closest friends and family. This month has brought us closer together as friends (Katherine S. and Michelle B.) and has shown us the support we have from the rest of our friends.


Two Tiny Girls Go Green represents Project Green Challenge well as we like to share the wealth of information as we are learning it ourselves. We have made changes to our daily routine to set examples for others. We have enjoyed every minute of being part of Project Green Challenge this month and hope to finish out strongly.

(Some of the submissions were only saved as PDF, so to get them on one page we had to utilize the snipping tool).

Day 5 Greener

1. Identifying vampire energy electronics/appliances around the house, finding a greener alternative for them

Device	Picture	Why is it a vampire	Better alternative
Refrigerator		<p>It's a very old model, and is not designed with energy efficiency in mind. The freezer and fridge temperatures are closely coupled, meaning that to keep the freezer cold enough, the fridge ends up being colder than it really needs to be, which uses more energy to keep a larger space colder. Thinking beyond the fridge, this also means that we have the additional energy cost of microwaving frozen food from the fridge that wasn't supposed to be frozen...</p>	<p>Summit FF1084W Refrigerator 296 kWh/yr estimated annual energy consumption</p>
Cheap conventional power strip		<p>Conventional power strips just serve to provide additional plug-ins for more appliances. In some ways, this is inherently problematic because, instead of forcing you to unplug your device once you're done using it so that you can free up the outlet for something else, you can leave many electronics plugged in at once, even if you're not using any of them.</p>	<p>Advanced power strips are designed to prevent electronics from drawing power when they are turned off or in standby mode. There are a number of different types of advanced power strips depending on the need. For example, some APS are designed with a timer that turns all</p>

		<p>Conventional power strips do not have a way to prevent electronics from drawing energy when they're not actively being used.</p>	<p>connected electronics off at a certain time, while others are purely concerned with vampire draw. The power strip I would purchase for my home to replace our current one is the Smart Strip LCG4 Energy Saving Power Strip, which is one of the strips that just functions to reduce vampire drain. Since I am typically good about turning off my devices, this is the kind of APS that meets my personal needs.</p>
<p>Alarm clock</p>		<p>Its always plugged in, and it has a lit display that's constantly on. I don't really use it other than for an alarm, and even then, I use my phone half the time. Honestly, now that I think about it, I'm not really sure why I have an alarm clock at all. I use the alarm on my phone, and I have a watch to check the time (and my phone/computer/anything else). I used to use it a lot, but I don't anymore.</p>	<p>LaCrosse Hybrid Solar Alarm Clock: It has two batteries, but primarily runs off of solar power. I could put this in my window and it would run off solar power. Additionally, having it over by my window instead of near my bed would force me to get out of bed to get the alarm instead of just rolling over. I think this alarm is actually really cool, and I'm thinking about purchasing one. In addition to the</p>

			already mentioned benefits, I could then turn off my phone at night which would save a lot of standby energy that would translate to less time on the charger.
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Listing ten steps to change my daily routine to reduce my energy consumption

1. Turn off my phone at night and use an alternate alarm clock (possibly the solar powered one mentioned above). It's absolutely ridiculous to keep my phone on and sucking battery life for 8 hours every night when I'm not using it.
2. Unplug my coffeemaker when I'm not actually using it. I have to turn it on/off every day anyway, so I might as well unplug it when I turn it off, and then just replug it back in when I turn it on.
3. I typically do homework in the mornings in my room, so I turn the light on because there's not quite enough light to see when I first start. After about an hour or so, I notice that there's plenty of light coming from my window, and yet I still have my overhead light on! I want to be more conscious of this shift so that I turn off my overhead light when I no longer need it instead of leaving it on until my "oh crap!" moment. One day I could do this would be to set an alarm for the approximate time when it typically gets light enough that I don't need the light anymore.
4. I live in a house with very poor insulation, so a lot of energy is used to heat the house. One major change I can make here is to keep the heat off or at low temperature to reduce the energy used to heat my house, and to turn it all the way off during the day when I'm not home and at night when I go to bed.
5. I've been leaving the door open to our backyard when I'm home so my dog can freely wander in/out. Now that it's getting colder and we're actually turning on the heat, I need to start remembering to close the door out to the porch. This will be a change for me and for her, but it shouldn't take too long for me to get used to it again.
6. When I cook beans, I typically cook them for the required time and then take them straight off of the stove, dump the remaining water out, and put them straight in the fridge. Instead of doing this, I can turn off the stove ½ an hour or so before they'll be done, since I know they'll retain enough heat to continue cooking. And, instead of putting them straight into the fridge, where the fridge will have to use more energy to cool the excess heat, I can let them cool on the counter for a while before putting them in the fridge.
7. My roommates and I have some Christmas lights around our house for decoration. I don't want to take these down, even though I know they use excess energy. Instead of completely taking them down/turning them off, I could invest in a power strip with a timer on it so that they would automatically turn off at times when we're not

- around in the middle of the day and night. This would let us continue to enjoy our decorations while reducing the amount of energy they use.
8. I bike to school most days, but for nighttime meetings or really rainy days, I tend to drive. Instead of driving in adverse conditions, I could bike all the time and save the energy (and money!) I use to drive. This would add up to 3/4 less trips to school in a week, while would add up to about 40 miles per month less!
 9. In the mornings when I make coffee, I usually leave the coffeemaker on for a few hours to keep the coffee in the pot warm. Instead, I could turn off the coffeemaker as soon as it's done making coffee, and then just use the microwave to warm up my additional cups of coffee throughout the morning.
 10. Again, related to my coffee: When I pour my coffee into typical ceramic mugs, it gets cold after half an hour or so and I have to microwave it to get it warm again. Instead, I could use ceramic mugs with lids or better insulated mugs that would keep my coffee warm for longer and eliminate the need to re/microwave my cup of coffee.

Note: I had a really hard time coming up with things I could change. Obviously I can always cut back, but I already do many of the simpler steps: I bike to school, I unplug my electronics when I'm not using them, I turn off the light when I leave a room, etc. etc. Other changes, like switching to more energy efficient lightbulbs or getting better insulation in my house, I won't realistically make since I live in a rental house with appliances and light fixtures that came included with the house and are not necessarily the most up to date. When I was making this list, I tried really hard to think of changes that I would actually be likely to make—meaning they wouldn't be overly expensive or inconvenient.

Team name: two tiny girls go green

Username: two tiny girls go green

Email address: suss2638@vandals.uidaho.edu

School: University of Idaho

The Meal:

Main Dish:

Roasted Eggplant with Tomatoes:

Cut the eggplant into slices and roast in the oven at 400 degrees for 45 minutes. Cut the tomatoes, season with oregano to taste, and combine with the roasted eggplant slices.

Ingredient	Why it's FLOSN	Price
4 eggplants	Fresh, USDA certified organic, local, purchased at the local coSop, seasonal	\$4.54
4 slicer tomatoes	Fresh, USDA certified organic, local, purchased at the local coSop, seasonal	\$1.55
Oregano	Grown by my roommate's mother and then dried and put into old spice jars. Local, organically grown.	Free!

Dessert: Apple
Crisp

Mix all dry ingredients and coconut oil to make the topping. Cut the apples and place into a bowl appropriate for cooking the crisp. Cover with the crumble topping. Then, bake in the oven at 400 degrees for 45 minutes.

Ingredient	Why it's FLOSN	Price
10 apples	The apples I used were harvested by myself and my friends from the trees in our yard and as part of a volunteer trip to orchards in a remote area where the fruit was becoming problematic as a bear attractant. Fresh, organic, local, seasonal, and nonSGMO.	Free!
½ c brown sugar	It's not. I already had this in my pantry.	Already on hand.

2/3 c quick oats	It's not. I already had this in my pantry.	Already on hand.
¼ c coconut oil	It's not. I already had this in my pantry.	Already on hand.
¼ c flour	It's not. I already had this in my pantry.	Already on hand.
2 tsp cinnamon	It's not. I already had this in my pantry.	Already on hand.
1 tsp nutmeg	It's not. I already had this in my pantry.	Already on hand.

Drink:

Plum and Basil Gin Cocktails (4): Please note that all invited guests are of legal drinking age (21)

Chop basil leaves and plums and mix with gin and seltzer.

Ingredient	Why it's FLOSN	price
4 plums	USDA certified organic, local, purchased at the local coSop, seasonal	\$0.84
20 basil leaves	From my own personal basil plant	Free!
8 oz gin	Does not meet FLOSN. I bought a generic brand at the liquor store.	\$3.50
Seltzer	This does not meet FLOSN standards either, but I used a bottle that my roommate was planning on throwing away since it'd been in our fridge for a while.	Free!

All ingredients were purchased at the local coSop, were already on hand in the pantry, or were harvested by myself or my friends.

Net cost of the entire meal: \$10.43

Split between four people: \$2.60/person

How to minimize waste:

- We probably won't produce very much waste with these recipes in the first place, but for the small amount that we do...
- Eggplant and tomato stems, plum cores, and wormy bits of the apples: We will dispose of these in our University's compost waste bins since they are all compostable.
- Since all of the purchased ingredients were bought as fresh produce, they did not come with any kind of packaging except for the fruit labels.

- The ingredients that were already on hand did not generate any waste since they come from a pantry stock. When the pantry stock runs out, it is replenished by buying bulk bags of ingredients and emptying them into pantry storage containers (some plastic, some mason jars), so the only waste generated through this process is the plastic bulk bag, which is then reSused as trash bag or recycled.
- The gin came in a large glass bottle. I chose to buy a larger sized bottle so that next time I wanted to make something I would have some (similar to a “buying in bulk” idea). Once the bottle runs out, I will reSuse it for pantry storage or recycle it.
- The seltzer that my roommate was going to throw away came in a small glass bottle, which I will recycle. Although this was not the ideal packaging, I was using something that was going to be thrown away.

So, to summarize, the net waste from our recipes came from the inedible parts of the produce. These parts were composted. There was also one small glass bottle from the seltzer that was recycled.

Pictures:



Figure 1: Apples picked from our own yard



Figure 4: Eggplant ready to be roasted



Figure 2: Local organic tomatoes at the co.op



Figure 3: Local organic eggplant at the co.op



Figure 5: The two friends we made dinner with...and the dog!



Figure 6: All of the food waste generated from tonight's meal.



Figure 7: Plum and basil gin fizzes



Figure 8: Our insta post of our meal

Day 13 Greenest

Ways that free trade agreements harm small scale producers

They open up the borders between countries so that international corporations can sell their goods in different countries. This often means that the goods are sold at a lower price than they would've been if they were produced in that actual country. This lower price of goods sold by international corporations' forces local farmers to lower their prices to stay competitive in the market. Eventually, the price can get so low that local farmers cannot make a living sometimes even going below the cost of production. Then, the local farmers go out of business, and lose their livelihood.

Sometimes free trades are created with the idea of increasing export markets, and therefore increasing US jobs. However, because free trade opens up international export markets and labor is often cheaper in foreign countries, it typically has the opposite effect. Companies move their labor force to different countries, taking away from US jobs small producers within the US.

Furthermore, when free trade agreements are established, small producers typically do not have a voice in the exact policies and standards of the agreement. International companies get a voice at the table, but smaller producers do not. Because of this discrepancy in representation, small producers do not get much of a say in policy decisions, and policies are more likely to harm them.

Two ways to take action to support small farmers

1. I looked at the certifier analysis section that compares different aspects of fair trade and eco-social labels to gain a greater understanding of what a certification actually means in the world of fair trade. Similar to “natural” branding of food and personal care products, some goods may have labels that lead the consumer to believe that they are produced under fair trade conditions when they are actually not. By understanding what the different labels mean, I am empowering myself to make more conscious choices in my purchases, and I can share this information with others to help them understand what the different options really mean.
2. I signed up for the “fair world project” mailing list so that I can stay updated on current issues concerning fair trade. I believe that the number one thing that I personally can do to support small farmers is to educate myself on the benefits of fair trade and become “fair trade literate” so that I can actually contribute to conversations that involve the fair trade issue, and spread the idea of fair trade to others. By signing up for the mailing list, I am empowering myself to learn more and stay informed, and to spread my knowledge to others.

Five items sold on my campus that could be Fair Trade certified

1. Coffee (Einstein Bros.)
 - a. Conventional coffee is often produced by child labor. In Colombia, Guatemala, and on the Ivory Coast, child labor is common in coffee production. Furthermore, coffee workers are typically paid extremely low wages, which are not high enough for them to make a living and do not reflect the cost of the coffee product in stores.
 - b. As part of fair trade standards, companies are required to pay fair wages and offer benefits like healthcare. They are also required to have practices in place to reduce workplace injury. Instead of selling conventional coffee, our campus could switch to selling fair trade coffee products, like that offered by the equal exchange brand.
2. Bananas (dole)
 - a. The banana industry typically buys the land for their banana plantations at extremely low prices from local workers. They also use child labor in poor working conditions that do not provide adequate health and safety precautions. In fact, dole has been named one of the worst companies to work for.
 - b. As part of fair trade standards, companies are required to have health and safety precautions in place to make sure that workers, especially children, do not suffer the adverse effects of pesticide exposure. Instead of purchasing conventional bananas, our campus could switch to bananas that are certified as fair trade.
3. Energy drinks (Red Bull)
 - a. When I looked online, I could not find any information on Red Bull and its specific policies regarding labor, sustainability, and other fair trade concerns. I assume that they follow a conventional product structure and have all of the issues previously mentioned somewhere in their supply line.
 - b. Instead of drinking energy drinks like red bull, people could switch to the Scheckter Organic Energy brand. This brand is organic, and fair trade certified, so it is free from concerns about labor conditions and sustainability that are likely found in Red Bull’s products.
4. Chocolate
 - a. The chocolate industry has tremendous issues with child labor, with documented cases of child trafficking and smuggling in order to work on cocoa plantations. The

workers are often the victim of workplace injuries from machetes, and work among pesticides. These horrific conditions have been well documented in places like the Ivory Coast of West Africa.

- b. Instead of selling conventional chocolate, our campus could sell a fair trade option, like the endangered species brand. Fair trade chocolate not only tastes better, but also avoids the child labor issues present in conventional chocolate since it conforms to fair trade standards.

5. Tea

- a. Tea workers in India have issues with child labor and gender discrimination. They also participate in forced labor by paying holding their workers in debt to the plantation owners, and therefore forcing them to work for them to pay off their debt. These workers are paid minimal wages, which ensures that they are kept in debt and continue to work on the plantation for minimal wages.
- b. Instead of selling conventional tea, our campus could sell fair trade tea from a brand like equal exchange. Because fair trade standards include paying fair wages and benefits, the issues in the tea trade would be solved.

Day 14 Greener:

Facts about glyphosate:

1. IARC has determined that glyphosate is definitively carcinogenic after performing studies where animals were treated with glyphosate.
2. The EPA's study did not look at epidemiology, and relied only on industry studies, which are likely to be biased.
3. Glyphosate is a stronger carcinogen than DDT.

Farming practices that contribute to soil mismanagement

1. The use of pesticides on large crop areas: Pesticides harm the environment directly by harming plants and insects. Furthermore, they are often used at excessive levels that get into agricultural runoff, and then into human water sources and river ecosystems. From there, they can go on to harm humans and other humans who rely on the water source in addition to the river ecosystem itself.
2. Intense farming can lead to erosion of valuable soil, and eventually deplete the topsoil layer that is suitable for growing crops. By planting the same crops year after year, the soil becomes deprived of nutrients, and can lead to events like the infamous dust bowl of the 1930s. If intensive farming conditions are continued from year to year, the layer of topsoil that is suitable for farming continues to erode away until it disappears, and once fertile land is no longer able to support crops.

Two farming practices that lead to healthier soil and environments

1. Crop rotation: Different types of crops contribute different things to the soil and use up different nutrients. When land is farmed in a rotational system, the right crops can extend the nutrients available in the soil and improve soil water holding capacity. One of the top recommendations for crop rotation is to rotate crops with a high carbon to nitrogen ratio (like corn) with crops with low carbon to nitrogen ratio (like soybeans). This practice helps improve the microbial communities in the soil, as well as increasing nutrient availability. Legumes have symbiotic relationships with Rhizobia, a type of microbe that fixes nitrogen, and so incorporating them into a crop rotation can improve the level of nitrogen available in the soil, which consequently reduces the need for nitrogen fertilizer. Since nitrogen fertilizer can be traced to a whole range of other environmental issues, like eutrophication, this has widespread benefits for the environment. Furthermore, crop rotation practices have been shown to improve the overall stability of soil structure, reducing erosion. In addition to the environmental benefits, crop rotation systems are also beneficial to farmers. Crop rotation systems

have been shown to improve crop yields and reduce issues with insects, diseases, and weeds.

2. Reduced tilling practices: There are a variety of tilling methods in place that have differing environmental effects. Things that affect the environmental impact of tilling include things like the season of tilling, pattern of tilling, and the depth of tilling. The exact tilling method that is best depends on the region's soil structure, moisture level,

and soil type. The best way for farmers to figure out what kind of tilling method is best for their area is to consult with the local county extension agent. By utilizing the best practice tilling methods for the various soil types, we can reduce soil erosion, preserve the soil's ability to maintain water, and maintain ideal nutrient levels and porosity.

What surprised me the most

I was most surprised by the difference in the EPA's report on glyphosate and the IARC's report on glyphosate. In one of my microbiology labs, we ran an experiment involving the effect of glyphosate on soil microbes, and studied whether they grew or not. We also studied the ability of the microbes to develop resistance to roundup and similar chemicals. Because of this lab, I had a little bit of background information prior to this challenge about the use of glyphosate in crop production, and the potential impacts of it on human health and the environment. However, I had not previously considered the idea that it could be transmitted to humans via residues in the air or water, and I was not aware of the IARC's classification of glyphosate as carcinogenic. Because glyphosate is frequently used, I was surprised to learn these two things.

 twotinygirlsgogreen



twotinygirlsgogreen Depending on the production scenario, crop production can have a tremendous impact on soil... more
2 SECONDS AGO

1. My non-recyclable/compostable options:
 - a. Aluminum foil for cooking my pumpkin: This was completely and totally unnecessary. I'd never roasted a pumpkin before, so I decided to follow the exact instructions for roasting it, but as it turns out, I should've just done what I usually do when I roast things and just left it on the pan. Also, now that I think about it, I'm pretty sure that recycling options do exist for aluminum foil. If in the future I choose to use aluminum foil again, I will explore the recycling options available before being so quick to throw it away.
 - b. Plastic packaging from shirts shipped: I could have completely avoided this problem by just buying clothing in the store instead of online. I chose to purchase two shirts while they were on sale online at Cabela's instead of waiting to go home over Winter Break and get them then. In the future, I could instead go to tri-state in Moscow and try on different brands to see if I find a different one that I like. Better yet, I could go to a thrift store and look for a hand-me-down shirt.
 - c. Everything else was recyclable/compostable!
2. Quotes from people throughout the day:
 - a. "A couple of those probably could've been composted, and the paper is obviously recyclable, and I think the Cabela's packaging is actually trash"
 - b. "I'm impressed. My trash pile would've been a lot bigger."
 - c. "I didn't know that Moscow had a recycling center. I always just thought that you could pay for curbside or throw everything out. I still don't know if I want to commit to taking my own recycling every week because that's a lot of work, but it's good to know that the option exists."
3. Starting tomorrow, I will not be using aluminum foil when I bake things unless it is absolutely necessary. I don't usually use it anyway, but I will be even more conscious of this going forward. I was honestly pretty impressed with myself in my amount of waste. As I was making my pumpkin cookie dough, I roasted the seeds and left the skin on the pumpkin. I probably would've done that anyways, because I try to use as much of the food I buy as possible without wasting any, but since today's focus was on zero waste, I was a lot more conscious of my decision to use the whole pumpkin. In the future, I will apply this kind of thinking to my food in general. For example, when I buy kale, I

for the stems and eat them, not just throw them out. Or, at least compost them.

4. Relevant social media posts:
 - a. A picture of my trash from the day with all of the things that can and cannot be recycled and composted
 - b. An example of how to use ALL of a food item.

-
- i. Awesome news: I shared this with a lot of my classmates, and they commented that they would need to try leaving the skin on the pumpkin next time they cooked! Someone also pointed out to me that since I bought a pumpkin and made my own pumpkin puree instead of buying the canned “pumpkin pie filling”, I saved even more waste. I didn’t have the can that storebought stuff would’ve come in (and let’s not even get started on how many resources probably went into making that can). AND, my own puree was a lot healthier than the storebought stuff, which has almost 30 grams of sugar per serving and all sorts of preservatives! I honestly don’t think I’ll ever buy canned pumpkin pie filling again if I have the option of using an actual pumpkin. I know this seems like a silly, small change, but it was a big epiphany for me. Roasting the pumpkin in the oven was NOT hard at all, and my food tasted that much better knowing that it was made from a pumpkin, not from canned sugary “pumpkin”.
 - ii. More awesome news: We have almost 100 instagram followers!
 - iii. Even more awesome news: someone I didn’t know direct messaged our Instagram and said that he was really inspired by our posts, and that we

Day 14 Greenest

Composting at University of Idaho

I always thought composting was something I wouldn’t be able to do living in a small one bedroom apartment. However, PGC has taught me otherwise. I remember watching a blog video during the Zero Waste challenge about a woman who composted in her Brooklyn apartment. Throughout these readings today I learned the best way to start composting and what materials can and cannot be composted. For example, I wasn’t aware that coffee filters could be composted! I also wasn’t aware you could compost an entire bin of leaves in you felt you had too many leaves. I also always thought of composting to be a smelly process which is unappealing to most people and I believe is what stops people from learning how to compost. I now know of two simple tips (do not compost meat or bones and add items such as grass clippings or mulch) to mitigate those smells.

The University of Idaho has already established a composting program in the cafeteria called Food and Farm. Occasionally a Sustainability Center representative or student volunteer will stand by the composting bin and help students learn about what is able to be composted and what isn’t and help sort their waste. To enhance this program and continue composting food waste on campus I believe the University could enforce this program during all campus events, especially sporting events. The amount of food waste generated during football or basketball

games is easily as much food waste generated in the cafeteria during a typical day. By allowing this program to be campus wide we would decrease the total amount of waste sent to the landfill from our campus.



Food & Farm

Flex your sorting muscles today! Volunteers teach and assist Commons food court patrons to sort their lunch leftovers into Compost, Recyclable and Landfill containers. Volunteering is an hour long, starting on the hour, from 10 a.m. to 3 p.m. every weekday. After you volunteer, you get a FREE meal from the commons food court! Sign up for [August and September](#), [October](#), or [November and December](#)!

I strongly believe education is key in getting people to move toward a more sustainable routine. I think creating workshops for people to learn how to compost on their own or the importance of composting will help students understand how important it is to utilize the Food and Farm program. If we wanted to go even bigger and involve the entire community, I think local farmers and gardeners could have a weekly or bi-weekly compost drop off where community members who don't feel comfortable composting on their own or don't know how, can drop off their food waste. Moscow embraces environmentally conscious events that bring people together.

Another idea the Food and Farm program could adopt is allowing students to take home a [Jarst mini composter](#) after a volunteer shift. This mini composter will encourage students to compost in their own homes which will embrace the idea of composting everywhere you go.



Jarst mini composter

All in all, University of Idaho has made the first step in composting on campus, specifically the cafeteria. Moscow has a great sense of community and I have no doubt that these changes are very possible for us to make in the future.

Food Greenest

I was shocked about how many local sources of food Moscow has right within the town itself and how many vendors the weekly Farmers Market has. I identified a few sources in my map shown above, but that is not the entire list, I would need at least two more maps of Idaho!

I interviewed student at the University of Idaho whose family produces several fresh foods and distributes them to local businesses or anyone who would like to purchase them online. I asked her three questions:

- 1) What foods do you produce?
- 2) How did you get started?
- 3) What is your vision for a sustainable food system?

The answers can be located in our youtube video:

<https://www.youtube.com/watch?v=H7OV9mZ16uM>

I requested a recipe using plums because I was given a small bag of plums from her house when I arrived to the interview and she gave me a quick and simple plum crisp recipe

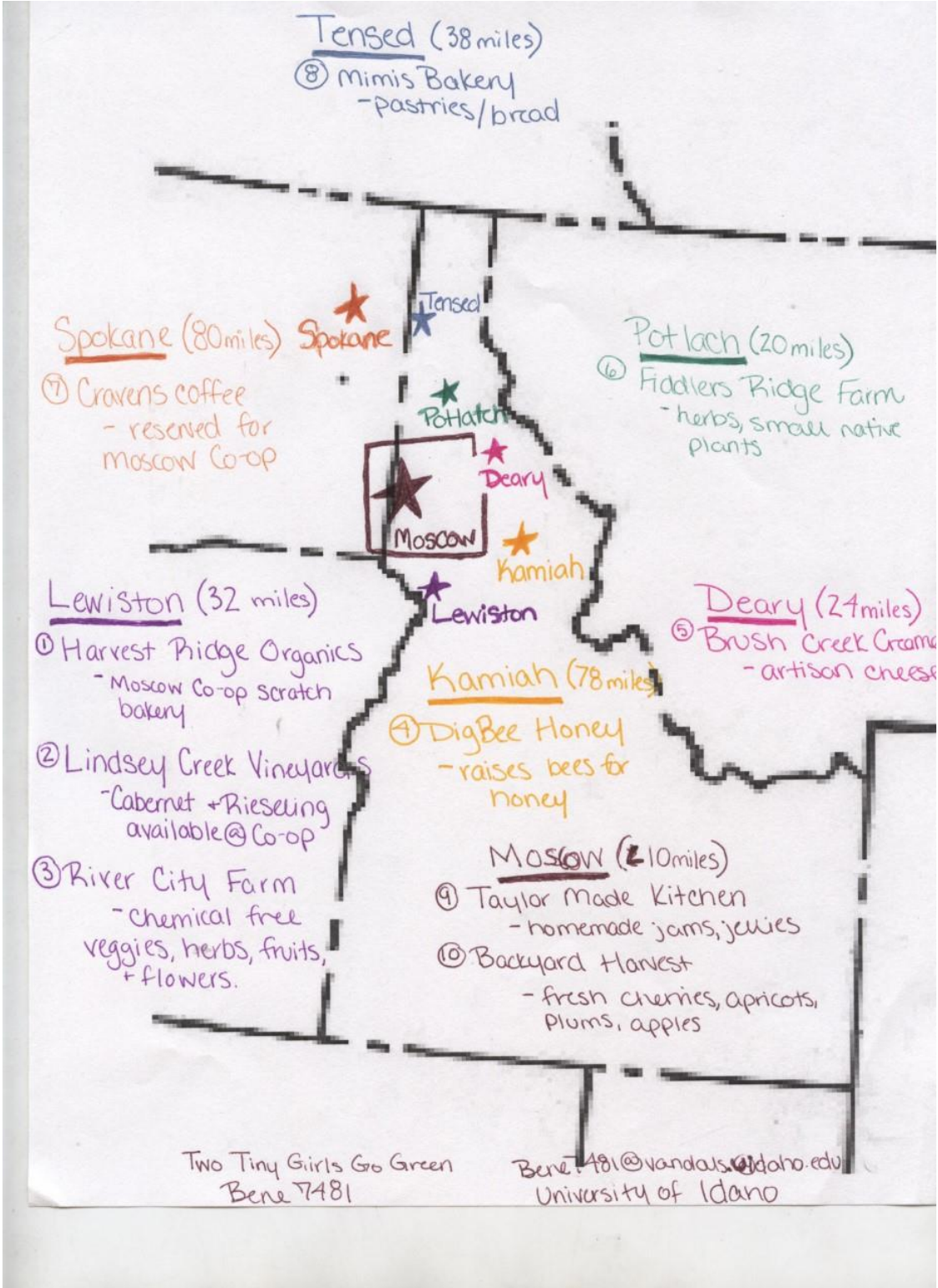
- 8 plums
 - 1 cup of white sugar
 - 1 cup flour
 - ½ tsp baking powder
 - 1 egg
 - ½ cup of butter
- 1) Preheat oven 375
 - 2) Layer pitted plums along the bottom, sprinkling with sugar
 - 3) Mix remaining ingredients and pour on top
 - 4) Bake until the top is crispy and the plums are soft



After interview selfie

Interviewee

Here is my foodshed map showing the resources that flow into Moscow to be distribute for food. I placed the location on the map and then labeled the actual business names/farms surrounding the map with a quick description of the food they distribute to Moscow. I also identified how many miles away from Moscow each town is located.



Letter to our school newspaper

Vandals Go Green

By: Michelle Benedum and Katherine Sussman
(Two Tiny Girls Go Green)

University of Idaho Goes Up in Steam

In the mid 1980's, University of Idaho moved from utilizing coal-fired and natural gas boilers to a biomass fired boiler. The University of Idaho produces 90% of the steam needed each year through the biomass-fired boiler. The primary source of biomass fuel for the boiler is cedar wood waste purchased from a local mill. Since the cedar chips are purchased in Idaho, the fuel payments stay in the state and add to the tax base. The wood chips are half the cost of natural gas and an eighth of the cost of oil. Overall, the university saves nearly a million dollars each year through the steam plant.



Not only does the University of Idaho use wood waste that would otherwise be landfilled to create energy; but UI also uses the steam to heat rooms and sidewalks that the pipes pass through, melting snow in the winter and saving energy.

Even Cleaner Futures at UI



University of Idaho plans to keep up with its environmentally conscious reputation. The university intends to install two electric car charging stations right on campus and before we know it nearly every light bulb will be switched to LED to conserve energy. The IRIC and Education buildings will have occupancy sensors enabled so the lights will automatically turn off when no one is in the room. The energy efficient advancements don't stop there! There are more infrastructural improvements and renewable energy projects in the works.

Our blog

Here is a link to our zero waste blog "Gone with the Waste"

<http://gonewiththewast.blogspot.com/>

(Ignore the fact that it says "wast" instead of "waste" ...Typing fail!!)

In our blog, we discuss four ways to go from 4 lbs of waste to zero waste. Within each of those suggestions I provide links to purchase the mentioned sustainable materials. We have also created our own "Two Tiny Girls Go Green" Instagram, <https://www.instagram.com/twotinygirlsgogreen/> Feel free to check it out! Facebook page is on its way!



Gone with the Waste

Tuesday, October 4, 2016

Two tiny girls carry trash all day

In a previous Project Green Challenge we were asked to carry around a bag and collect our trash for 24 hours. People aren't necessarily aware of just how much waste they generate in a single day. Actually, one person commented saying,

"I'm impressed. My trash pile would've been a lot bigger."

Through PGC we have been raising awareness and educating people on to become more environmentally conscious. Another person made the comment,



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