



Coffee Grounds in Your Garden

- Did you know that applying coffee grounds to your garden can provide a valuable nutrient for the soil? Coffee grounds help vegetables, roses, and other plants. Coffee grounds are high in nitrogen, but are also acidic. Adding brown material such as leaves and dried grass to the mulch will help keep a balanced soil pH. The proper amount to be used depends on the condition of the soil and, more specifically, what you are growing in your garden.
- Check with your local gardening expert to see what is best for your situation. Adding coffee grounds to your compost bin will generate heat and help speed up the composting process. Coffee grounds act as a green material with a carbon-nitrogen (C-N) ratio of 20-1. Ask your local Palmetto Bay barista for used coffee grounds. They usually are more than willing to share with you.

Avoid Pesticides

- Use natural methods of pest control. Form a log pile-dead wood provides a habitat for many kinds of wildlife, such as snakes and ground beetles. Both are natural predators for snails and slugs. If you create a small pond to encourage frogs and toads, they will help mop up the rest of your slug life. In the short term you can get rid of slugs using beer traps (slugs are attracted to yeast). To get rid of whiteflies, buy Encarsia Formosa, small parasitic wasps that eat whiteflies. Grow flowers such as marigolds to attract ladybugs, hoverflies, and lacewings, all of which protect against aphids

Bat Boxes

- Want to reduce the number of mosquitoes in your backyard? Then invest in a bat box. One bat can eat up to 1,000 mosquitoes a night. You will also be making a contribution to our country's temperate biodiversity: bat populations in America and around the world are declining, especially in urban areas, where they have few roosting spaces. Ideally, group two or three boxes together, place them as high as possible, and face them so the sun directly heats them for six to seven hours each day. If you are making a bat box yourself, use untreated and unpainted wood. It is essential that bats not be disturbed, so make certain your bat boxes cannot be reached by any local cats. For more information, visit batconservation.org/content/Bathouseimportance.html

Think Green, Think Palmetto Bay



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For additional information, contact 305.259.1260
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WHAT YOU CAN DO TO

Live More Green

Conserve Today.



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What you can do to Live More Green



Green Paint

- Most paint is made from petrochemicals, and its manufacturing process can create 10 times its own weight in toxic waste. It also releases volatile organic compounds (V.O.C.'s) that threaten public health. (V.O.C.'s are solvents that rapidly evaporate, allowing paint to dry quickly.) They cause photochemical reactions in the atmosphere, leading to ground-level smog that can cause eye and skin irritation, lung and breathing problems, headaches, nausea, and nervous-system and kidney damage.
- The best alternative? Natural paints. Manufactured using plant oils, natural paints pose far fewer health risks, are breathable, and in some cases are 100 percent biodegradable.
- Remember: Never throw your paint away. Check out Earth 911's "Paint Wise" sections for re-use program in your community; earth911.org

Build Green

- Before embarking on any home remodeling, make sure your architect has green credentials. Although there is no national organization of green architects in the U.S., that doesn't mean you can't get an architect who will build along sustainable lines. Ask where he or she sources materials, and request that energy-saving devices, such as solar paneling, be installed. Visit directory. Greenbuilder.com or environmentalhomecenter.com for more green-building information.

Get a Green Roof

- A green roof is more than simply a roof with plants growing on it. It functions like a "breathing wall," consuming carbon dioxide from the atmosphere and emitting oxygen.
- Green roofs generally use low-maintenance, drought-resistant plants. Vegetation is planted or laid down as pre-vegetated mats on a thin layer of soil.
- More intensive green-roof systems may contain trees and larger plants, but these require deeper soil and are more expensive.

- One of the biggest benefits of a green roof is water management: it can absorb more than 50 percent of rainwater, thereby reducing runoff, a major source of pollution in our waterways. Plus, it can help reduce air-conditioning costs during the hot summer months. The vegetation looks after itself through the seasons and creates a habitat for insects, which, in turn, provide food for birds.
- Green roofs can last more than twice as long as conventional rooftops. They look better too. For more information, visit greenroofs.com



Food Miles Matter

- Food is traveling farther than ever. Once upon a time people ate seasonally-artichokes in the winter, cherries in June. Now you can buy most fruits and vegetables practically year-round. The average American meal contains ingredients produced in at least five other countries.
- The transportation of food and agricultural products constitutes more than 20 percent of total commodity transport within the U.S. To help reduce CO2 emissions (released from trucks, airplanes, and cargo ships), it's best to buy food that's in season, organic, and grown locally. Go to ams.usda.gov/farmersmarkets to find the farmer's market nearest you.

Go Vegetarian One Day a Week

- To produce one pound of beef require 2,500 gallons of water-that's 40 times more water than is used to produce a pound of potatoes. Before buying beef, thinking about the immense cost of energy used to raise cattle and to transport meat to your supermarket shelf.
- Besides all this, cow consume enormous amounts of antibiotics and are a prodigious source of methane, which is the number-two greenhouse gas; livestock are responsible for the almost 20 percent of the methane in the atmosphere

Buy Eggs in Cardboard Cartons

Cardboard egg cartons are normally made from recycled paper, which biodegrades relatively quickly, and are also again recyclable-Styrofoam or plastic cartons take a much longer time to biodegrade and their manufacture produces harmful by-products.

Drink Shade-Grown Coffee



- Shade-grown coffee is for the birds, literally. According to coffeeresearch.org, about 150 species of birds live on shade-grown-coffee farms, while only 20 to 50 inhabit full-sun farms. With increased demand for cheap coffee, many Latin American growers have moved toward full-sun plantations, clearing the habitat of numerous native birds and increasing the use of pesticides and fertilizers.
- By drinking shade-grown coffee, you can help bird habitats and reduce the need for farming chemicals. Shade-grown coffee beans can be purchased at many grocery stores. Starbucks offers shade-grown coffee as well.



Grow Your Own Garden

- In 1826, J.C. Loudon wrote in An Encyclopedia of Gardening, "For all the things produced in a garden, whether salads or fruits, a poor man that has one of his own will eat better than a rich man that has none." To start a vegetable garden costs nothing but a few packs of seeds and rudimentary garden implements, and it saves enormous amounts of money, to say nothing of the food miles and the packaging that go into food into supplying you with fresh fruits and vegetables.
- Of course, a vegetable garden is only productive for part of the year, but it is amazing how long that growing season lasts and how much you can produce from one small patch.

Buy Recycled Products

- There has to be a market for products made with recycled goods. Support this by purchasing recycled goods-you that will save virgin materials, conserve energy, and reduce landfill waste.
- Recycled paper products include toilet , copy paper, paper towels, and tissues. Look for garbage bags and bin liners labeled "recycled plastic," and buy recycled toner cartridges for your fax machines and printers.

