



I am only one, but still I am one. I cannot do everything, but still I can do something; And because I cannot do everything, I will not refuse to do the something that I can do.
 – Edward Everett Hale

Greening our Lives, Working Together to Make a Difference

Incorporating Sustainable Living Practices~

We've talked about it before, and I'm sure we'll talk about it again. Making changes in our daily routines takes time to get used to. Learning new habits is just like learning anything, if at first you don't succeed try again! With 6.5 Billion of us give or take a few on the planet, even the tiniest changes can have enormous impact so don't sell yourself short.

Support Local Farmers~

Supporting local farmers through CSA's <http://www.boisfortvalleyfarm.com/> and farmers markets is a great way to reduce your families impact on the environment

as well as boosting the local economy. Shopping at your local market <http://www.communityfarmersmarket.net/> offers so much more to your family as well. The produce is as fresh as it can be, offering the highest levels of nutrition and the longest shelf life. The market offers the family a great way to enjoy the normally mundane task of grocery shopping. Not familiar with how to cook some of the produce available? Talk to the farmers. They will be more than happy to guide you. The Chehalis Community Market will be accepting food stamps this year as well so don't let that be a show stopper!

Support Locally Owned Business's & Restaurants~

Supporting local business, especially local business's that support local producers has big impact and again helps boost our local economy. We would like to salute Burgerville for going the extra mile. Their burgers are made from pastured vegetarian-fed antibiotic-free beef. They rely on seasonal and local food sources. Burgerville purchases wind power credits, recycles and composts and even converts their cooking oil to biodiesel! <http://burgerville.com> So if you really need a burger....



Blue Earth Farms summer workshops will be held once a month and as always are free of charge. Dates for 2009 workshops are; Saturday May 30th- Community Garden Spring Plant, Sunday June 21st, Saturday July 18th, Sunday August 23rd, Saturday September 19th, Sunday October 24th for our annual Grape Squeeze & Honeybees & the end of the Season. All workshops are 1:00pm-4:00pm. If you are sure you will be attending and have a good size (20+) group contact kari@blueearthfarms.org or call 360 269 2843. Due to spotty attendance, we will keep the workshop outline loose to adapt to group size or lack of- We hope to see you all!

BYOB!!! Plastic bags & Bottles have huge impact Bring Your Own bag, bring your & bottle!

<http://www.reusablebags.com>



Support Locally Owned Business's & Restaurants cnt'd.~

Other restaurants that are serving local seasonal items and / or organic are;

Mackinaw's 545 N Market Blvd. Chehalis 740 8000

Once Upon a Thyme 1090 State Ave. Chehalis 740 8944

The Gibson House 221 North Tower Ave Centralia 736 1167

Try them out and support their efforts! If you know of other restaurants and business's doing the right thing let us know, we would love to include them.

Reduce Use of ~

Big chain markets get their supplies from all over the world.

<http://www.storyofstuff.com/> While cheaper (sometimes) than smaller local stores, their impact (and yours) on our environment is enormous. If you're saying to yourself, I can't afford anything more than what I'm paying now, maybe it's time to re-think how we look at food and what we buy. Processed products are time saving tools that many of us use, however, they cost more than whole foods, and have much lower nutritional value on the average. Try making cooking a highlight to be enjoyed with the family rather than a chore to attend to. Make some time on the weekend to prepare

for the next week. Use your crock pot, eat soup. Buy in bulk. If you're new to cooking and want to learn more, contact us to find out when & where cooking workshops are being held. Have a group of 20 or more that are interested? Let us know.

Look at What's In Your Shopping Cart ~

When we are making changes, it's good to try and step outside ourselves and look into our lives. Are there things in your shopping cart that could be switched to healthier choices? Pick one thing. Perhaps you eat meat every night. Stop for one night a week. Pick a high protein low cost replacement such as beans. What do you buy to drink? Start replacing some of your daily beverages with water from your tap.

<http://www.msnbc.msn.com/id/5279230/> Invest in a Britta filter or something similar if you're water doesn't taste good. Like a little flavor? add lemon or lime juice, It's good for your health as well as adding a great tangy taste.

Plant a Garden @ Your home... or Patio Pot's, or join in a Community Garden ~

Do you have a yard but aren't yet ready for an official garden? You are already taking care of your landscape. Make it edible!

Join Us At;

Centralia College's First Annual Green Expo on Saturday April 25th from 10:00 to 4:00



Explore

The Beautiful new LEED Certified Science Center

<http://www.usgbc.org/> Located at the heart of the college campus.

Don't miss

- Alternative Power
- Eco Flicks Put on by Blue Earth Farms
- Kids Activities
- Make Your Own Household Cleaners
- Hybrid Cars
- Green Vendors
- Local Speakers
- Free Lead Testing
- Human Consumption Exhibit
- Recycle & Hazardous Waste Drop Off
- and much much more!

Free admission, fun and education for the whole family! Don't miss it.



www.blueearthfarms.org