



Greening SMU Newsletter

August - 2011



In This Issue...

- Events ... Pg. 1
- Making More with Microbes... Pg.2
- Living Green as a Student... Pg.2
- Aramark Farm to the Table – Blueberries... Pg.3
- More than The Environment... Pg.4
- One City ... Pg.4
- Take The Pledge... Pg.4
- Permaculture: Design for the 21st century... Pg.4

Welcome to **Greening SMU**, a monthly newsletter to update and connect Saint Mary's University students, faculty and staff on various sustainability initiatives, events, volunteer and job opportunities across the university and in the community.

Past editions of **Greening SMU** are available at www.smu.ca/sustainability. This newsletter is just one way to keep you connected! You can also find us on Twitter or Facebook by searching "**Sustainable Saint-Mary's**". To contribute to **Greening SMU**, email sustainability@smu.ca. Cheers!

Events

August 11th-14th

Making More with Microbes: A 4-day intensive workshop on soil microbiology, compost, and compost teas to rejuvenate one of our most sacred biological resources, Aug 11th -14th, St. Mary's University. For more information please see the article below.

August 11th-14th

Atlantic Eco-warrior Training: Participants aged 19-30 will focus on movement building in the community and developing capacity in organizing around climate justice at the Canadian Youth Climate Coalition PowerSummer. For more information click [here](#).

August 20th

Making Blackberry Jam: This is a canning workshop for no-cook freezer blackberry jam. The workshop will be held at the Urban Farm Field in Spryfield. For more information click [here](#).



Making More with Microbes: A 4-day intensive workshop on soil microbiology, compost, and compost teas to rejuvenate one of our most sacred biological resources, Aug 11th -14th, St. Mary's University.

Nova Scotian Doug Weatherbee lives in Mexico and is a Certified Soil Food web Advisor and owner of SoilDoctor.org. Consulting with small, medium and large scale farms and ranches in Latin America and the United States, he uses an applied soil microbiological eco-systems approach to transform soils degraded by industrial chemical agriculture and even conventional organic farming, into regenerative microbiological agricultural systems.



During this four day intensive workshop, Doug will talk about how soils are more than just clay, silt and sand. Healthy soils are alive with extraordinary biological diversity. Microbial life reveals the profound connection humans have to planetary ecosystems. Humans are part of nature. When we partner with soil microbes in farming and gardening we contribute to a sustainable agriculture and to an ecological practice. This workshop will teach you the basics of microbiology in the soil, how to make high quality compost customized for its end use, composting with worms, and combating soil disturbances, soil compaction, plant diseases and pathogens. The cost for the workshop is either \$300 or \$350 depending on your budget. If you would like to register please email Garity Chapman, coordinator for the Ecology Action Center's Urban Garden Project at garity@ecologyaction.ca.



Living Green As A Student.

Moving out on your own you can be faced with a lot of changes. In your household you may already practice being green and there is no need to stop just because you start university. At Saint Mary's being a sustainable university is something that we pride our selves on. It is our hope that you will help us maintain our green image. The following are some ways to stay green at school.

- When eating try to reusable dishes and silverware, this will help decrease waste.
- When packing a lunch try to make it garbage free by using Tupperware.
- Before going out and buying all new supplies take a look around the house to see what you already have, you would be amazed at how much stationary, unused scribblers and binders you have.
- Use binders that can be reused again.
- Always carry a reusable mug and/or water bottle – this will also save you money!
- Wait to wash clothing until you have a full load. The same goes if you have a dishwasher.
- Use the bus, walk or carpool whenever possible.
- Turn of you lights and other electronics when they are not in use.

These are just a few ideas to get you started, let us know what “green-tip” are you going to try this up coming school year and you could win a free coffee from Just Us! Send us an e-mail at sustainability@smu.ca.

ARAMARK's Farm to Table Program: Wild Blueberries

Did you know the wild blueberry is Nova Scotia's Provincial Berry, and Oxford, NS is the blueberry capital of Canada?! Blueberries naturally grow throughout fields and forests in NS and producers manage the fields to ensure growth and high quality. In NS we have low bush berries, which grow close to the ground. NS produces in excess of 40 million pounds of blueberries per year; beginning harvest in August and ending late September. They export these berries to the USA, Europe and Asia.

Blueberries are versatile; you can eat fresh, add to breakfast food, bake in desserts, make jam, juice or even add to salads and eat dried in trail mix. Blueberries can be stored fresh in the refrigerator for up to 5 days, preferably in a single layer and moisture proof container. Discard berries that are shrivelled or mouldy, and don't wash them until you're ready to use.

Blueberries are a mini superfood which are packed with antioxidants. There is evidence to suggest that those who consume blueberries on a regular basis, have less chance of developing Alzheimer's disease, cancer and heart disease. Blueberries are a source of fibre, vitamin C, K and are low in calories.

Blueberry Grunt

Ingredients

Sauce:

- 4 cups wild fresh or frozen blueberries 1L
- 1/2 tsp ground nutmeg 2 mL
- 1/2 tsp ground cinnamon 2 mL
- 3/4 cup granulated sugar 175 mL
- 1 Tbsp lemon juice 15 mL
- 1/2 cup water 125 mL

Dumplings:

- 2 cups all purpose flour 500 mL
- 4 tsp baking powder 20 mL
- 1/2 tsp salt 2 mL
- 1 Tbsp granulated sugar 15 mL
- 2 Tbsp butter or shortening 25 mL

Milk



Method

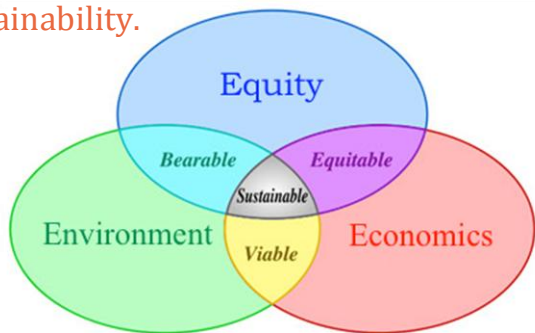
1. In a large saucepan with cover, heat berries, nutmeg, cinnamon, sugar, lemon juice and water; boil gently until well blended and slightly cooked down. In a mixing bowl sift flour, baking powder, salt and sugar. Cut in butter and add enough milk to make a soft biscuit dough. Drop by spoonfuls into hot berry sauce.
2. Cover tightly with a lid and simmer for 15 minutes (no peeking!). The dumplings should be puffed and well cooked through. Transfer cooked dumplings to serving dish. Ladle sauce over top; serve with whipped cream. Scrumptious!

Recipe compliments of [Taste of Nova Scotia](#).

More Than The Environment.

We hear the word sustainability in today's world more than ever before. With sustainability almost being like a catch phrase many people don't stop and think about what it really means. When we talk about a sustainable future people think about being more environmentally friendly or living greener but that is only one part of sustainability.

Sustainability is really made up of three main principles also known as the three "E's"; economics, equity and environment. All three parts are important to ensure complete sustainability.



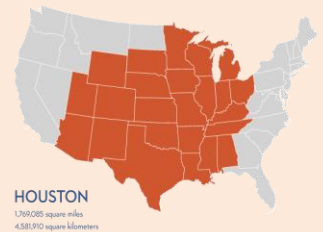
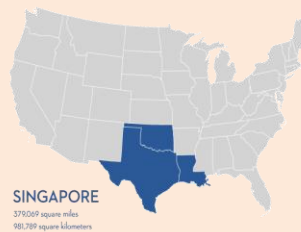
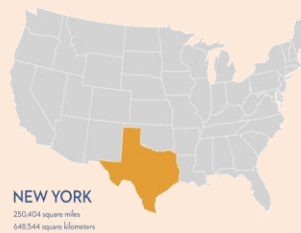
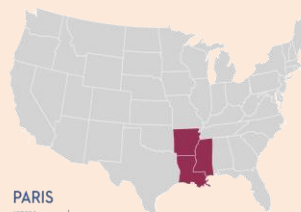
As you can see from the picture above, each principle must work together. Looking after the environment is important but it is not truly sustainable if it has negative social (equity) or economic impacts. When working on projects within sustainability it is important to think of more than just one aspect. In the end sustainability must be thought of as a three-piece puzzle. It cannot be complete without all of the pieces.

One City

Per Square Mile is a blog where its authors write about density of everything from people to trees. Per Square Mile has recently posted a picture on their blog that depicts how much land we would take up if we lived in the density that certain cities live in. They have found that if the entire world's population lived at the same density of New York City then we could all live within Texas! Could you imagine 6.9 billion people living in one state? Even though it is a cool visual representation there would be no way that the whole world's population wouldn't be able to sustain its self in Texas due the need for farmland industrial space and space for energy production.

THE WORLD'S POPULATION, CONCENTRATED

If the world's 6.9 billion people lived in one city, how large would that city be if it were as dense as...



PER
SQUARE
MILE

Everyone's Doing It!



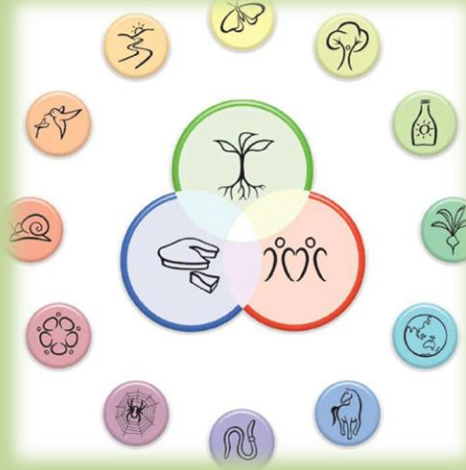
Pledge (re)generation



Taking the pledge is only the first step to helping our planet. It doesn't take a lot of work to start living sustainably; it can be as easy as turning off the lights when you leave the room. Click the image above to take the pledge and learn more about sustainability.

Permaculture: Design for the 21st century

If you have not heard about Permaculture before, it might be something you want to study when envisioning and working towards a sustainable future. Permaculture, PERMAnt CULTURE or PERMAnt agriCULTURE, was coined in the 1970's by Bill Molison and David Holmgren whom wrote the 'Permaculture Design Manual' and 'Permaculture: Principles and Pathways, Beyond Sustainability', respectively. Permaculture recognizes the intrinsic worth of every living thing and also the interconnectedness of biotic and abiotic things within their environment. One of the main principle



concepts of permaculture design is to observe and mimic the patterns and motifs of Earth's natural ecosystems to start establishing not just sustainable systems, but resilient systems. A resilient civilization must not be dependant on non-renewable energy resources, but instead must rely on biological resources and closed energy and material loops. Permaculture adopts techniques and principles from ecology, appropriate technology, sustainable agriculture, and the wisdom of indigenous peoples. The ethical basis of permaculture rests upon care of the earth-maintaining a system in which all life can thrive. This includes human access to resources and provisions, but not the accumulation of wealth, power, or land beyond their needs. In

agriculture, permaculture preserves seed diversity as one of the greatest weapons for fighting disease and pests. Monocultures do not exist in nature, so permaculture uses polycultures such as food forests to create small scale intensive, labor efficient food production systems from biological resources, with very little fossil fuel consumption in the process. Permaculture is applicable within different cultures, landscapes and ecosystems. In the broadest sense, permaculture refers to land use systems which promote stability in society, utilize resources in a sustainable way and preserve wildlife habitat and the genetic diversity of wild and domestic plants and animals. It is a synthesis of ecology and geography, of observation and design. Permaculture draws from the wisdoms of sustainable indigenous and traditional cultures and synthesizes these with contemporary earth and design sciences. Permaculture involves ethics of earth care because the sustainable use of land cannot be separated from lifestyles and philosophical issues. From a philosophy of cooperation with nature and each other, of caring for the earth and people, it presents an approach to designing environments which have the diversity, stability and resilience of natural ecosystems, to regenerate damaged land and preserve environments which are still intact. Permaculture encompasses all aspects of human environments and culture, urban and rural, and their local and global impact. Permaculture is a practical concept applicable from a balcony to the farm, from the city to the wilderness, enabling us to establish productive environments providing our food, energy, shelter, material and non-material needs, as well as the social and economic infrastructures that support them Permaculture is growing and being constantly enriched by the experiments, insights, creativity and experience of the individuals and communities that practice it. Permaculture is design - a conscious process involving the placement and planning of elements, things and processes in relationship to each other. As such it is a way of thinking, and it is our thought patterns that determine our actions, so permaculture becomes a way of living.

Reference: <http://www.permacultureactivist.net/intro/PcIntro.htm>

