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Take Saint Mary's Sustainability Pledge!

Taking the pledge is only the first step to helping our planet. It does not 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 below to take the pledge and learn more about sustainability.



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

ARAMARK's Farm to Table Program: Mystery of Mushrooms!



Did you know that mushrooms were thought to be umbrellas for leprechauns in medieval times in Ireland? Or that English tradition was that mushrooms had to be picked under a full moon to be edible? Or that Egyptians thought mushrooms to be sons of the gods that arrived to earth on bolts of lightning, and were reserved for royal tables only? Mushrooms are an interesting specimen which has had not only a role in food and medicinal purposes, but also in folklore and traditions.

ARAMARK receives mushrooms from *Valley Mushrooms*, located in the town of Waterville in the Annapolis Valley, NS. This farm produces mushrooms year round and supplies the Atlantic Provinces. They have been providing fresh Portobello and button mushrooms since 1995. No pesticides are used in growing, and the mushrooms are hand harvested. The compost utilized to grow the crop is removed and sold to home gardeners, farmers, organic growers and landscapers.

All of the mushrooms are hand harvested and are graded in separate rooms to minimize bruising. There are no pesticides used in the process and both lab analysis and careful pasteurization is used to ensure productive and disease-free compost.

Mushrooms are 90% water and when cooked some of that water evaporates. Mushrooms are high in fiber, and are a good source of potassium. They contain an important mineral; selenium, and are low in calories.

Join us in the Dockside on January 17th when we have our local mushroom supplier from Valley Mushrooms presenting a showcase of mushrooms! It's a great chance to ask about mushrooms, learn how they're harvested, and get to know your grower.

Cheese Stuffed Mushrooms

2 lb. (1 kg) large white mushrooms
8 oz (500 g) shredded cheddar cheese
1 tsp (5 ml) oregano
1 tbsp (15 ml) parsley
3 tbsp (45 ml) finely chopped onion
Salt and pepper to taste

Preheat oven to 375° F. Clean mushrooms and snap out the stems by pushing them to the side. In a small bowl mix cheese, onion, oregano, parsley, salt and pepper. Stuff each mushroom with cheese mixture and set in a shallow ovenproof dish. Bake until cheese melts and is slightly golden.

Tip:

Save the mushroom liquid in the pan to add to soups, stews, etc.

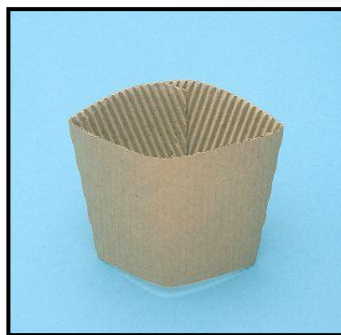
Source: <http://www.valleymushrooms.com/about.html>



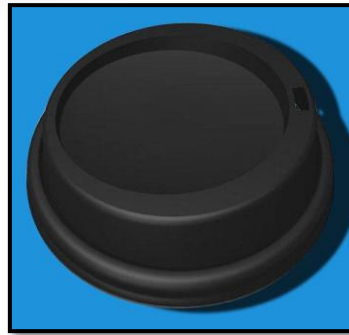
How to Sort Used Disposable Cups



(Disposable Cup)



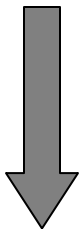
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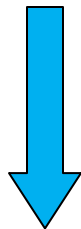
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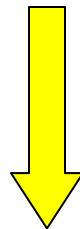
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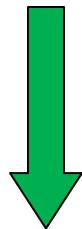
Garbage



Paper



Recyclable



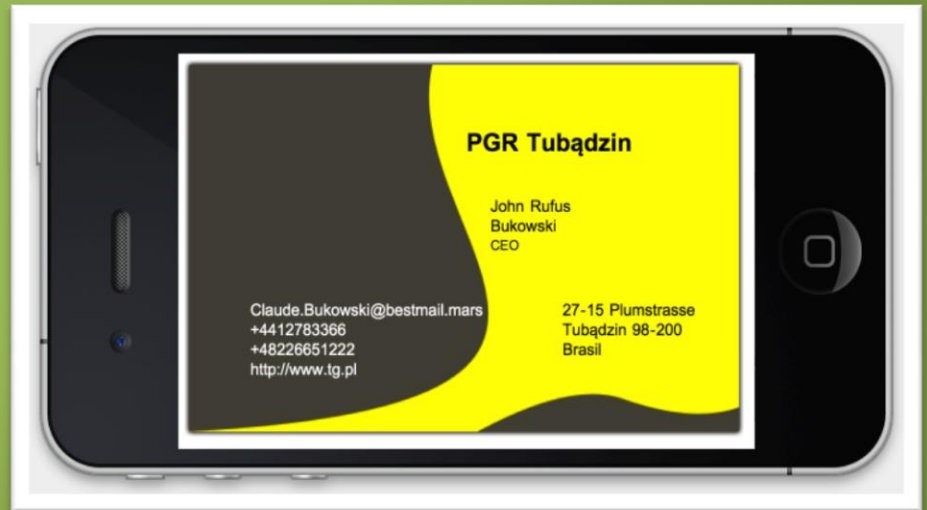
Organic

Note: If you do not drink the entire beverage, please make sure you pour the remaining liquid into a sink before you sort the cup waste into its various streams.

Paper Business Cards *versus* Electronic Business Cards

Traditionally, paper business cards are widely used as a tool to build connections with partners and clients. Exchanging paper business cards between people during networking events is also common. Instead, consider whether business connections can be more sustainably built using electronic business cards instead of paper cards (Note: it is estimated that 95% of business information is still stored on paper).

Paper business cards have been the traditional tool for a great part of our business history; it is possible that your company or clients will insist the use of this traditional tool. Comparing to the traditional paper business cards, electronic business cards may be more environmental-friendly and modern tool for business. Electronic business cards exchange information through an electronic format rather than in paper form. For example, a financial planner can spread contact information to clients via email; correspondingly, the client can also transfer his or her business and contact information into the financial planner's electronic database. Therefore, both of them can retrieve each other's information through a computer or online cell phone. One more advantage of using electronic than paper business cards, is that paper business cards can be easily lost or ruined, so people tend to take extras with them knowing a number of them will never be used. Once an electronic business card has been put into a contact list, it is easy to find and usually readily accessible from anywhere as long as you have access to Internet or cell phone.



Consider whether reusing information through electronic system is more sustainable than producing and consuming paper. As electronic technology, software and applications become more available, electronic business cards may become the new tool of business promotion.

Upcoming Event:

January 5	GeoDesign Summit (More Info)
January 27	Herbology: Level I (More Info)
January 27	Training for Transition (More Info)
January 28	NS Hiking & Snowshoeing Summit (More Info)
February 1 - 2	Kickstand (More Info & Page 5)

Professional Development Session With Mobycon and Copenhagenize

Halifax, Nova Scotia

February 1-2 (Wednesday & Thursday)

Workshop meals inclusive \$600

Dutch based consultants Mobycon who have 25 years experience in traffic, transport, and urban and rural planning, are teaming up with Copenhagenize, a Danish consultancy specializing in bicycle planning, marketing, and communications, to launch the Kickstand Sessions.

Kickstand will provide Atlantic Canada with an opportunity to work with world leaders in Bicycle Policy and Design to develop locally relevant insights, solutions, and actionable steps for building bicycle cultures and increasing sustainable urban mobility.

kickstand

THE BICYCLE POLICY WORKSHOP

DUTCH & DANISH INSPIRATION FOR NORTH AMERICAN SOLUTIONS

For Kickstand Reservations and Info:
Call CEU @ 902.494.8494
Email ross.soward@dal.ca
copenhagenize.eu/kickstand/index.html