



CRC's GREEN SCENE

A bimonthly newsletter of the Sustainability Committee at Cosumnes River College

Nov/Dec 2017
Volume 10, Issue 2

In This Issue:

- 1 **Soil Born Farms**
- 2 **Green Scene's Composting Corner**
- 3 **CRC Duplicating**
- 3 **Listen to This!**
- 4 **Plant for the Planet Comes to Sacramento**
- 4 **Restaurant Review: Buffalo Pizza and Ice Cream**
- 5 **Green Scene Musings**
- 5 **Green Scene Award**

Soil Born Farms: CRC Architecture and Construction Contribute

John Ellis reports...

If you haven't had a chance to visit Soil Born Farms Urban Agriculture and Education Project, one of Sacramento's amazing resources, consider a family outing along the American River Bike Trail by bike or on foot. Located within the beautiful American River Parkway at 2140 Chase Drive, Rancho Cordova, the 55-acre site is a working organic farm and a riparian habitat using native and edible plants.

CRC Architecture and Construction students and faculty helped with the

design and construction of the AIA award winning amphitheater and outdoor classroom, outdoor dining patio and oven, farm stand, culinary kitchen, outdoor patio, interpretative center, and apprentice housing.

Soil Born Farms' mission is "to create an urban agriculture and education project that empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment, and grows a sustainable community."

(see Soilborn, Page 2)



Above: The proposed farm stand and culinary kitchen project were rendered by Professor Jason Ellis and CRC student Joseph Padayachee, now at Cal Poly SLO.

Left: CRC Architecture students visit the site with Soil Born Farms Founder and Co-Director Shawn Harrison.



Soilborn Farms

(From page 1)

The American River Ranch farm stand, open Saturdays 8:00 am to 12:30 pm, mid-May through November, offers hand-crafted farm products from local growers, so be sure to bring a shopping bag. Pastries from Magpie Café, fair-trade Equal Exchange coffee, and other beverages are for sale every Saturday, too.

Visitors can sit and chat with new and old friends, meet the farmers who grew their food, and wander the fields of the American River Ranch, observing farm animals and enjoying the rural setting. A great family outing! ♦



The amphitheater was designed by Professor Jason Ellis and the arbor constructed by Professor Ryan Connally and students.

Events to add to your calendar:

Soil Born Farms Autumn Equinox Celebration

An enjoyable farm-to-fork fair every September.

Day on the Farm

A family day of free gardening and cooking classes, kids' garden and art activities, live music, and delicious food—in May 2018.

For more information, go to <https://soilborn.org/>

Green Scene's Composting Corner

Editors' note: In this new series, readers share ideas about their home composting systems. We invite you to send a photo and description of yours. Drew Carlson, Sustainability Committee chair, begins...

About a year ago, I built our 3-bin compost system using plans I had found online. (My first bin had been a "tumbler" that quickly got too full and broke!) I'm still learning how to get the right mix of brown and green waste, which includes most of our yard and kitchen waste. The biggest issue seems to be getting enough consistent heat in the mix to kill plant seeds, so I still get some weeds coming up in the vegetable garden. Sometimes I add a bit of bagged (store-bought) chicken manure to the mix to more rapidly build heat, and I'm pretty good about turning the contents in the bins about once a week. It's easy and fun, and I like that I'm minimizing waste. ♦



Duplicating Uses Recycled Paper to Mitigate Printing Overuse

Amanda Walker reports...

According to CRC Printing Services Reports for the last academic year, Receiving distributed 18.29 pallets of paper to area offices, which is

- 731.6 boxes of paper
- 3.658 million sheets

and Printing Services printed 16.63 pallets of paper, which is

- 665.2 boxes of paper
- 3.326 million sheets

This makes a grand total of 34.92 pallets of paper being used annually at CRC—or 35 tons of paper per year.



The good news is that CRC uses 100% post-consumer recycled paper (vs. virgin paper), thus reducing our footprint by saving

23,832 gallons of oil
 391,733 gallons of water
 384 million BTU's of energy
 26,223 pounds of solid waste
 838 trees

The other good news is that faculty and staff seem to be making fewer copies than in past years, as we have been urging. Keep up the good work! ♦

One ton of virgin paper...



produces 19,075 gallons of water waste



produces 2,278 lbs of solid waste



produces 5,590 lbs of greenhouse gas (equivalent to 6 months of car exhaust)



uses 3 tons of wood

Listen to This!

Editors' note: Starting this month, each Green Scene issue will include some podcast and reading recommendations from members of the Sustainability Committee.



John Ellis, architecture professor emeritus, invites you to read *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, a book by Paul Hawken.

Project Drawdown is a collection of policies, plans, and active programs to reduce carbon emissions outside of the purview of the federal government. You can also view Hawken talking about the project on C-span: <https://www.c-span.org/video/?427029-2/drawdown>



Timaree Hagenberger, nutrition professor, suggests listening to an interview with Bruce Friedrich on the Rich Roll Podcast: <http://www.richroll.com/podcast/bruce-friedrich/>

Executive director of The Good Food Institute and founding partner of New Crop Capital, organizations dedicated to plant and culture-based alternatives to animal products, Bruce Friedrich offers here an optimistic forecast of food system innovation in helping to solve our current food, health, and environmental crises.



Plant for the Planet Academy Comes to Sacramento



Young ambassadors from Sacramento plant an elm tree on the Washington Elementary School grounds.

Ann Rothschild reports...

Members of TREE (Trinity Respecting Earth and Environment, a stewardship group from Trinity Episcopal Cathedral) were honored to help out with 350 Sacramento's first Plant for the Planet Academy, held on October 7 at Washington Elementary School. This program started in 2007 with a 9-year-old German boy's climate change school project, and since then, it has reached 54 countries and 15,000 children. They have planted 14 billion trees.

At the Sacramento Academy, 40 young people learned from other

young ambassadors the science of climate change, the correct method for planting trees, and effective ways to make presentations and influence policy. Parents were invited to participate in a morning workshop and to return in the afternoon to hear their children's presentations. Our group planted in the school grounds two elm trees provided by the Sacramento Tree Foundation.

All in all, it was a great day for Mother Earth. ♦

For more information on the Plant for the Planet program, go to www.plant-for-the-planet.org



Steven Coughran reports...

Back in September, as I was hoofing it up to yoga class, I encountered a "vegan pizza pop-up" event being presented by Buffalo Pizza and Ice Cream Co. I have been walking past this take-out business for decades, but being into plant-based foods, had had no reason to check it out.

Located at 2600 21st Street in Sacramento, the shop changed hands a couple of years ago. One of the new

Pizza and Ice Cream Go Vegan?!

partners has been lobbying for plant-based options alongside the regular menu. The pop-up event signaled the launching of a vegan menu as well as their entry into the Sacramento Vegan Chef Challenge. Street-festival energy is common along this stretch of 21st, with thrift store shoppers, community and cultural events at nearby Sol Collective, and 2nd Sunday Antique Fair shoppers under the W-X freeway. This vibrant activity was different, though, and I felt drawn to acknowledge and participate in the celebration of Sacramento's changing

taste in food for which so many people had turned up.

As for the pizza, I loved it! My wife Julie and I have ordered a few times over the past months, and we especially like the Hawaiian Cowgirl. The spices in the vegan sausage complement the chunks of pineapple superbly, and the cheez may be the best I've ever had. Julie doesn't particularly care for the Breakfast Pizza, but mushrooms, spinach, and tofu scramble sounds like breakfast to me. We have also enjoyed building our own combination pizza, which has rivaled those that Julie makes at home. (Just kidding, Dear!) ♦



Green Scene Editor Hangs Up Her Hat



Cath Hooper reports...

In a walk down memory lane (yes, the *Green Scene* is in its tenth year!), I paid a visit to the archive on the Sustainability Committee webpage. Clicking on the very first edition, I laughed out loud at the opening inscription: A monthly newsletter. Monthly? What were we thinking?! I see now that we were down to two editions per semester by year three, and that we were no longer writing a good half of the articles ourselves. Since then, we have continued to produce 4 editions a year, adding Christina and her digital publishing expertise to the team as it became increasingly difficult for Cindy and me to manage the load of soliciting, editing, and laying out 6-8 pages of articles per edition.

Over that first year, articles were noticeably shorter, but their subjects certainly capture the *Green Scene's* mission: to share ideas for living more sustainably and to celebrate campus

victories, big and small. In year one alone, the *Green Scene* looked forward to breaking ground with the Winn Center green building, saw the shift from blue books to green books, and launched the annual graduation sustainability pledge drive. It also witnessed the composting of a biodegradable fork from commencement lunch, looked in on environmental education taking place in the Children's Center classroom, and weighed the merits of paying attention to tire pressure and Christmas tree purchases. Other highlights from past years that come to mind: following the progress of plans and construction of both the Winn Center and the CRC Tiny House, participating in CRC's annual Earth Day event, and observing students getting involved through SSF's Take-Back-the-Tap Campaign.

I do feel nostalgic about it all now that I am working on this final edition of the *Green Scene* before I retire at the end of the semester. It has been a great collaborative endeavor, and I shall miss very much working with such fine partners as Cindy and Christina. I look forward to seeing how the *Green Scene* evolves, as it has over the past ten years—and as it most certainly will in the coming semesters. ♦



Green Scene Award

Kudos to...

Cath Hooper for her 10-year contribution as co-editor of the *Green Scene*. A member of the Sustainability Committee since its inception in Fall 2007, Cath has been the driving force for the newsletter since its first issue was published in Fall 2008.

"Cath has been dedicated to making the *Green Scene* a top-notch, inspiring

newsletter—something we could be proud of. She made the work fun, and I'll really miss those deadline-night discussions ranging from which topics to include to which words require hyphens or capitals," quipped co-editor Cindy Erickson.

We wish Cath well on the next leg of her journey, and we hope to read her emeritus contributions in future editions of the *Green Scene*. ♦

Cosumnes River College Sustainability Committee

Members:

Terry Patten Armbrust
Drew Carlson (Chair)
Augustine Chavez
Steven Coughran
Cindy Erickson
Timaree Hagenburger
Cath Hooper
Paul Meinz
Christina Ocrant
Sarah Pollock
Debra Sharkey
Anni Trent
Amanda Walker

Student Members:

Tin Bui

Newsletter:

Cindy Erickson
Cath Hooper
Christina Ocrant



We're on the web!

*Look for archived issues
of the*

GREEN SCENE
on the CRC Homepage