June 2013

Sustainability News

Summer is coming!

The academic year is coming to a close, which means, summer is coming! Many students and faculty will be leaving campus for the summer to visit family, work, participate in internships or simply relax and have fun in the sun. Some students and faculty will remain on campus, continuing the education process over the summer. Dining Services remains open during Summer Quarter to serve these dedicated individuals. We will be operating only some of our many locations on campus. The Viking Commons will be the only Residential Dining Hall open this summer. We will be operating some of the retail location at various times through out the summer. For more information on hours of operation visit http://www.campusdish.com/en-US/CSW/WesternWashington/. Have a great summer!

Project Mug - Reduce waste, Rent a Reusable

Project Mug was designed by students in the Campus Planning Studio class, ENVS 471, taught by Seth Vidana, head of the Office of Sustainability. The project was born to address the issue of waste on campus, specifically the waste created by single use coffee cups. There were 395,000 single use coffee cups purchased on campus last year.

This quarter the project team was awarded a Green Energy Fee Grant and was able to put their idea into action. They designed and purchased 144 mugs to embark on the pilot phase of their project. Right now 40 students are participating in the pilot project and it will continue over the summer and into next academic year.

We want to encourage all members of our campus to use a reusable mug, so Dining Services offers a $0.10 discount on all espresso and coffee drinks on campus when you use a reusable mug.

Reusable mugs are better at keeping hot drinks hot and cold drinks cold than single use cups, another reason to consider joining the project or getting your own mug.

How the system works: Sign up (see below) and receive a personal Project Mug Card. Take your card to the VU Café and exchange it for a Mug. Use the mug to buy drinks on campus. When you feel the mug is getting dirty exchange it for your card or a clean mug and Dining Services will wash the used one for you.

For more information go to: https://www.facebook.com/ProjectMUGwwu
Or, contact them at: project.mug.wwu@gmail.com

10 local and seasonal foods to look for this summer:
- Apricots
- Nectarines
- Peaches
- Plums
- Cherries
- Berries
- Rhubarb
- Chard
- Kale
- Arugula

...Look for these items on campus and around town!

Up and coming… Organic Apples

This year WWU Dining Services made the switch to offering all organic produce in the retail markets providing a healthier and more environmentally conscious product for our campus community. Looking to continue that trend, starting Fall Quarter 2013, Dining Services will start using 100% organic apples in all of the residential dining halls. We are very excited to have the opportunity provide more organic food on campus. (continue on back)
Organic Apples (Continued)

WWU Dining Services believes this is a step in the right direction for the health of our campus and the health of the environment and we believe that students will agree. Organic farming methods eliminate the use of toxic and persistent chemical pesticide and fertilizer use which harm soil and human health. A more conscious approach taken, relying on methods the replenish and maintain soil health to produce strong yields year after year, using only naturally derived fertilizers and pesticides.

One of the methods that is used to promote healthy soil is crop rotation. Conventional farming tends to plant the same crop, in the same field every year. This takes a toll on the soil by depleting certain nutrients that the crop thrives on. By rotating crops every season it allows for the taxed nutrients to return to the soil creating a more consistent, healthy balance year to year. Another method that compliments crop rotation and is often used in organic farming is poly-culture. This strategy employs the natural benefits that plants bring to each other when sharing the same area. Planting a variety of vegetable crops supports a wider range of beneficial insects, soil microorganisms, and other factors that add up to better overall plant and soil health.

Local Spotlight:
Mallards Ice Cream

Mallards Ice Cream, located downtown on Railroad Avenue, is Bellingham’s go-to spot for handcrafted local ice cream. They use fresh, local and organic ingredients whenever possible. They source produce from many different farms here in Whatcom County including, Growing Washington, The Growing Garden, Osprey Hill Farm, Alm Hill and Cloud Mountain Farm. Make sure this is a go-to summer spot for you and your friends to get a cold delicious treat. You won’t regret it!

Locals Only Recipe of the Month:
Down Home Biscuits

Prep Time: 15mins   Cook Time: 12 mins

Serves: 8 - 10 biscuits

Wonderfully classic biscuits made with wholesome, fresh, local ingredients.

Ingredients:
- 2 cups flour (Fairhaven Organic Flour Mill, Burlington)
- 3/4 teaspoon salt
- 1 tablespoon salt
- 6 tablespoons butter (Breckinridge Farm, Everson)
- 3/4 cup whole milk (Edaleen Dairy or Fresh Breeze Organic Dairy, Lynden)
- 1 teaspoon honey (Guilmette’s Busy Bees, Everson)

Instructions

1. Preheat oven to 425 degrees
2. Lightly grease a cookie sheet , or cover it with parchment paper
3. Whisk together flour salt and baking powder. Sift mixture into a mixing bowl.
4. Cut in butter using pastry cutter or two knives until mixture looks crumbly.
5. In a measuring cup, pour milk and add honey. Stir to dissolve the honey. Pour into dry ingredients and stir only until mixture begins to hold together as a dough.
6. Knead the dough five or six times on floured surface. Roll out to 1/2in thick. Use a round cutter or inverted glass to cut biscuits.
7. Place on prepared cookie sheet and bake for 10-12 minutes, or until lightly browned. Cool on a rack.

Recipe derived from whatcomlocavore.com

Questions or comments?
www.diningwwu.edu
www.facebook.com/diningwwu

“Our food should be our medicine and our medicine should be our food.” – Hippocrates