

## March Meeting - Composting and Organic Gardening

Bobbie Morgan spoke to us at our monthly meeting in March about composting and organic gardening. Why compost? To reduce waste running into the waste stream, to make great "stuff" for your garden, and to increase the absorbability of your property and slow down watershed (erosion). Here are a few highlights from her speech.

1. Find a location for your compost pile, at least two feet from any structure.
2. Set up a compost bin (optional). A bin is unnecessary. You can just build a pile on the ground. Bins do help, however, in keeping pets and other animals out of the pile.
3. Build the pile by adding 50% "greens," 50% "browns," water, and air.
4. "Browns" include leaves, straw, and sawdust (from untreated wood).
5. "Greens" include grass clippings, moss, food waste (coffee grounds, eggshells, etc.), and weeds (but not the seeds). Note: Food waste does not include any meat/poultry/fish and should be a very small part of the "greens."
6. Add water to your pile so it feels like a wrung out sponge.
7. Cover your compost pile to retain moisture in the summer and guard against rain the rest of the year.
8. It takes up to two years to complete the composting process. To speed up the process, add water regularly and turn the pile frequently to add air (hot composting).

Thanks to CoolMom member Jen Breen for allowing us to use Bainbridge Yoga House.

## First Annual Seed-Planting Party - Friday, March 20th, 12:30 to 3:30

CoolMom invites you to our First Annual Seed-Planting Party to celebrate the coming of Spring (if only it would actually arrive for certain). Bring your children and plant seeds for your garden. You will leave with a promising assortment of plants and a fun planting day with your kids.

What you need to bring:

1. Containers for planting (see below for a creative container from recycled toilet paper rolls).
2. Bag of seed starting soil.
3. Seeds to plant and to share.
4. Markers to identify your seedlings.
5. Wear clothes to get dirty in.

The Seed-Planting Party is at CoolMom member Hilary Franz's house on Friday, March 20th from 12:30 to 3:30. Directions are attached. You will also receive an evite with location information. Please RSVP to Sonja Fritts at (206) 842-4579 or [sfritts@seanet.com](mailto:sfritts@seanet.com).

#### RECYCLED TOILET PAPER POTS

Recycling cardboard toilet paper rolls into homemade pots for your garden is easy and economical. You will need a plastic plant tray, or another shallow, flat container. Big box store garden centers will let you have trays for free. Look under the benches, or consolidate plants in another tray and ask for the empty ones.

Toilet paper rolls make great homemade peat pots for seedlings or small cuttings for the garden. First, cut your toilet paper rolls in half.

Then cut one end in four places, and fold the flaps inward to make a bottom. Cutting them in four places makes a square bottom, so you can fit more into a tray. You can put a small piece of masking tape on the bottom, but it isn't necessary, because as soon as they are wet, they will stand up.

Place the toilet paper rolls into the tray and add potting mix, then plant your seed or stick your cutting. You will need to water until your homemade peat pots are wet, so they will not suck water from the soil. If you have one, a larger tray or shallow pan to soak the toilet paper rolls is preferable to overhead watering.

For larger cuttings, and seedlings of plants that need more root space, only cut the toilet paper rolls with four cuts at the bottom. These taller homemade pots are great for rooting tomato suckers and woody cuttings for your garden, as they encourage the roots to grow downward instead of outward.

Documentay - "Good Food"

As part of our series, Save the Planet - At the Table!, we are passing around the documentary, "Good Food," which was shown at the Lynnwood Theatre last November, for you to view at a convenient time in your own home. Once you finish viewing the movie, return it to me or pass it on to another CoolMom member. If you are interested in viewing this movie, please let me know and I will try to obtain it and forward it to you.

Earth Hour - Saturday, March 28th, 8:30 p.m.

With just 14 days left until we turn off the lights on March 28th, Earth Hour is continuing to grow in the US and around the world. Here's a quick update on some of the recent developments:

A CAPITAL IDEA: Washington, D.C. will join nearly 1,000 cities around the world in going dark for Earth Hour. The word came last week from the District's Environment Director George Hawkins who said Earth Hour was "a symbolic but important step in showing the world we're serious about

the climate." At 8:30 p.m., officials will turn off non-essential lighting on buildings and facilities owned by the city.

A TOTAL OF 44 U.S. CITIES AND TOWNS have now pledged to "turn out" for the largest climate event in history, with more signing up each day. A complete list of cities can be found at: [EarthHourUS.org/map.php](http://EarthHourUS.org/map.php) BUT WHILE THE U.S. IS OFF TO A GOOD START, we've got some major catching up to do with countries much smaller than ours. Australia is the current leader with 144 cities signed up, but France is a close second with 137. Canada, boasting a total population about one-tenth of ours, has 96 cities signed up, while Italy has 77 and Denmark has 58. Come on, America! There's still plenty of time to bring Earth Hour to your hometown, school, campus or organization. Visit [EarthHourUS.org/toolkits.php](http://EarthHourUS.org/toolkits.php) for tools, tips and information. DRESSING TO GO DARK: Finally -- the latest Earth Hour fashions, including t-shirts, hats, baby onsies and tote bags are available at [EarthHourUS.org](http://EarthHourUS.org).

KIDS TURN OUT FOR EARTH HOUR: Get your children involved in saving the world through [EarthHourKids.org](http://EarthHourKids.org). Here's a sampling of the fun to be found there:

Where in the World is Earth Hour? Worldwide. Just like New Years Eve, Earth Hour will travel from time zone to time zone starting at 8:30 pm in New Zealand. Around the planet we expect a thousand cities to participate. Teachers, students and families can learn more at [EarthHourKids.org](http://EarthHourKids.org), and click on the following link to play our Geo Bee: [EarthHourKids.org/whereintheworld.html](http://EarthHourKids.org/whereintheworld.html).

Are you a conservationist? Teachers, students and families can learn more about ways to reduce their CO2 footprint and increase their energy efficiency at home and at school. On [EarthHourKids.org](http://EarthHourKids.org), take our Earth Hour Power fun and quick quiz and find out your score at [EarthHourKids.org/sur.html](http://EarthHourKids.org/sur.html)

Empower children to write to President Obama and Congress. Click on [EarthHourKids.org/Write.pdf](http://EarthHourKids.org/Write.pdf) for everything you need to get started.

Teachers, students and families can visit [EarthHourKids.org](http://EarthHourKids.org) to learn more about Earth Hour and climate change.

Cap & Invest Bill (SB 5735) and SB 5840

As some of you may know, last Wednesday, the Washington State Senate voted on Bainbridge Island Representative Phil Rockefeller's "Cap & Invest" Bill. Unfortunately, although it was passed, the final form is not what was originally intended. For more information about the Cap & Invest Bill and the effort to reform I-937, please read the press release by the Washington Conservation voters describing the bill, the article published in the Seattle PI about both bills, and an Op-Ed from Jay Inslee on I-937.

<http://www.wcvoters.org/press-room/press-clips/cap-and-invest-approach-g>

ood-for-environment-and

[http://seattlepi.nwsourc.com/local/403543\\_climate13.html](http://seattlepi.nwsourc.com/local/403543_climate13.html)

[http://seattletimes.nwsourc.com/html/opinion/2008837346\\_opinb11inslee.html](http://seattletimes.nwsourc.com/html/opinion/2008837346_opinb11inslee.html)

Please call your representatives today!

### CoolMom T-Shirts

I still have some CoolMom T-Shirts for sale but I plan to return them to our Director in two weeks. There are a limited number, so if you want to purchase one, please let me know as soon as possible. They come in brown, white, and eggplant. Sizes are S, M, L, and XL. They cost \$22, and all of the proceeds go to CoolMom.org. The sizes run small, so please order one size larger than you normally would.

### April Meeting

Our next CoolMom meeting will be on Thursday, April 16th. Details to follow.

I am looking forward to seeing you all this month!

Sonja

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