



Grow Lettuce all Winter Long

Here's another way to save food scraps from becoming waste—keep them growing all winter long!

This trick works with lettuce, green onions, leeks, and any other plant with exterior roots that don't get eaten.

- 1 Eat the leaves of your lettuce, leaving about an inch of leaf at the bottom at the lettuce core.
- 2 Place remaining core in a shallow dish of clean water, then place dish in a sunny spot on your windowsill or kitchen counter.
- 3 Check the water daily to make sure it's clean and covering the roots. If you need to dump the water and refill, your plant will appreciate it.
- 4 Enjoy new leaves as they grow!



"It takes one to grow one!"



1850 Mt. Diablo Blvd., Ste. 320
Walnut Creek, CA 94596

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EVERYDAY RECYCLING MADE EASY

RecycleSmart

APARTMENTS & CONDOS EDITION

FALL 2019

Give thanks to your green cart!

Ah, Thanksgiving: a day for family, friends, football—and a mountain of food! But after the festivities are finished and the leftovers are stowed safely in the fridge (and Uncle Hank is snoring on the sofa), what do you do with a kitchen full of food scraps?

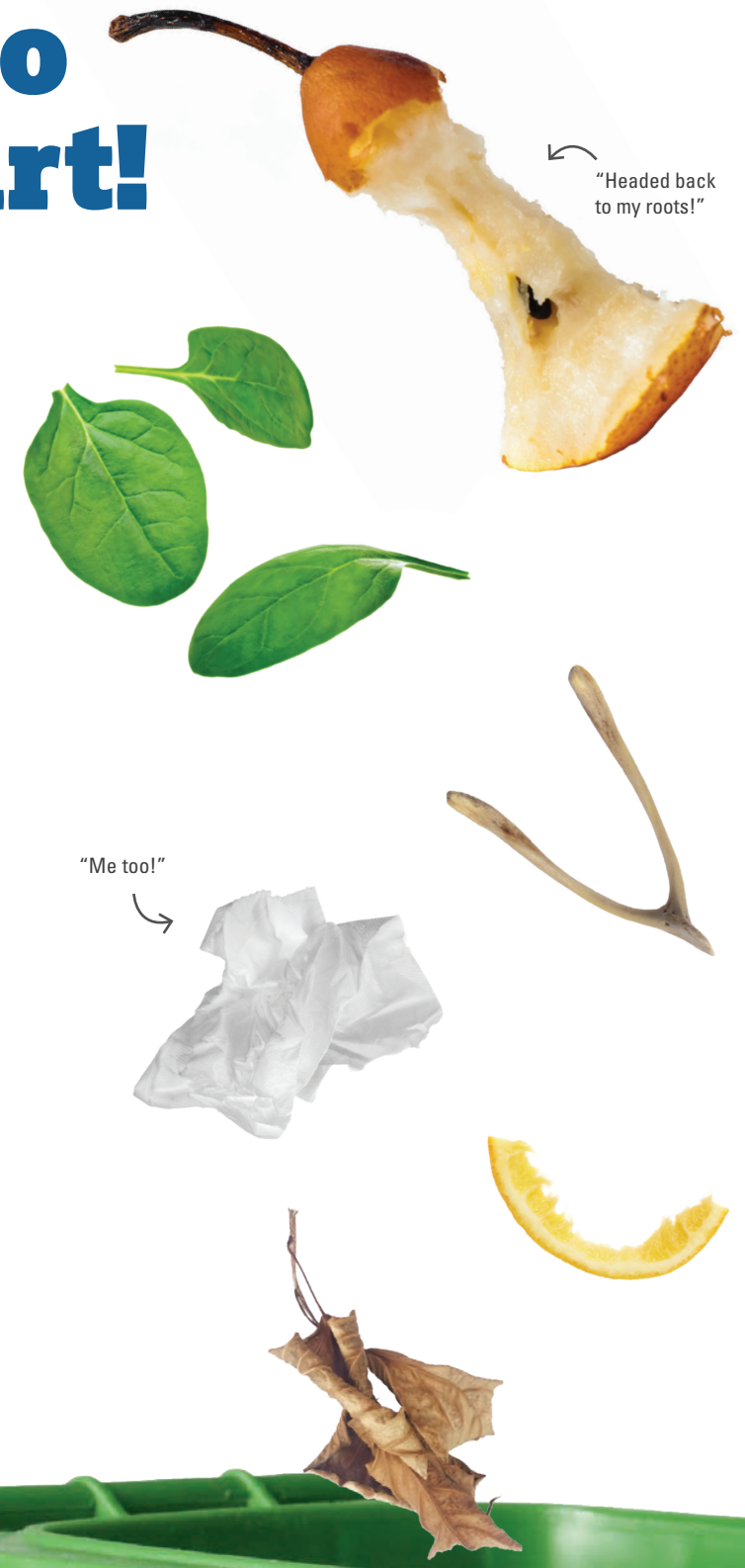
Your trusty green cart is here to help!

Just toss those scraps into your kitchen food scraps container (yes, even those Thanksgiving turkey bones) and empty your pail contents into your green cart. We'll compost it all and turn it into soil enrichment for local farmers. (We can take bones because we grind them up, unlike in a compost bin—take a look at the back page!)

Taking the time to put food scraps, yard trimmings, pizza boxes, paper napkins and uncoated paper plates into the green cart is an easy way to keep those items out of the landfill.

Did you know that an entire steel can will disappear faster than a pomegranate in a landfill? It's true! The can will rust and be eaten up before the anaerobic conditions allow plant material to decay. Landfills don't have the air, water and bacterial activity that organic waste needs to decay quickly.

So, let's give thanks to our green carts—they turn the food scraps of today into soil for tomorrow! And you can ask your property manager about getting one if your site doesn't already. Visit RecycleSmart.org/FoodScraps for more information.



Getting down and dirt-y!

Make dirt not waste

Moraga's Henry Walker, a lawyer transitioning to a career in horticulture, has been composting for almost a decade. His wife and sons help by separating their food scraps. "It's not about being perfect, it's about doing it!" says Walker. "One way or another, you get something good and help the environment."

Outdoor composting is great with yard space, but Walker promises indoor composting can be just as fun. Worm composting is an alternative for apartment and condo dwellers—it doesn't take up much space or have a strong smell. Even better, "kids love it!"

Worm composting is a very clean process! Just gather some dry leaves with fruit and vegetable scraps in a bin. (Don't add any meat or dairy products—save them for the green cart!) The worms will process the food scraps and produce nutrient-rich compost back into the bin.

You can use the worm casting compost in your houseplants or herb garden. Complete instructions are posted at RecycleSmart.org/WormComposting

There are lots of fun ways to set up your worm compost, and this is just the tip of the soil pile! There's more posted at RecycleSmart.org/Composting



Way to Go, Orinda!

Orinda homes and businesses diverted 71% of their trash from landfills in 2018. Wow!

How'd they do it?

- About 6,031 tons of green waste (that's a lot of food scraps containers!)
- More than 3,165 tons of recyclables
- Approximately 236 tons recovered from commercial sites like restaurants and cafeterias.

We're watching for your successes, Central Contra Costa! *You're all recycling more and every bit helps!* Keep up the great work.



NO FLOCKING FIR THIS SEASON!

Buying fresh holiday greenery this winter? Keep it green and compostable by skipping the fake "snow" on fresh greenery. "Flocked" greenery goes in the landfill, not the compost.





Conundrum of the green baggie

If you've been buying organic produce lately, you might notice a pileup of green baggies in your kitchen.

It may seem like a no-brainer to use those bags with your kitchen food scraps container—but hold on! Most produce bags, whether they're clear or green-colored, are made of polyethylene (PE), a petroleum-based film. PE won't break down in our compost piles.

Rather than *poly*-mers, compostable bags are made from a *mono*-mer called polylactic acid (PLA). PLA is a bio-plastic, made from living materials like corn, potato or other starches. It makes sense that thin films of these materials would break down in a compost pile—like your pumpkin seeds or cranberry sauce, they were alive not so long ago!

You can use paper or go bagless, of course, too. If you want to use a plastic bag, make sure it's marked "BPI-certified compostable" or "Compostable: BPI—Meets ASTM 6400 Standard."

BPI-Certified compostable bags are the only "compostable plastics" that are allowed in your green organics cart—cups, utensils and other items are trash. Compostable pet waste bags (and even diapers), like all waste from animals or humans, should only go in the black landfill cart.

Visit RecycleSmart.org/FoodScraps to buy compostable bags and for a full list of what goes in—and what stays out of—the green cart.

Did Your Fave Make the List?

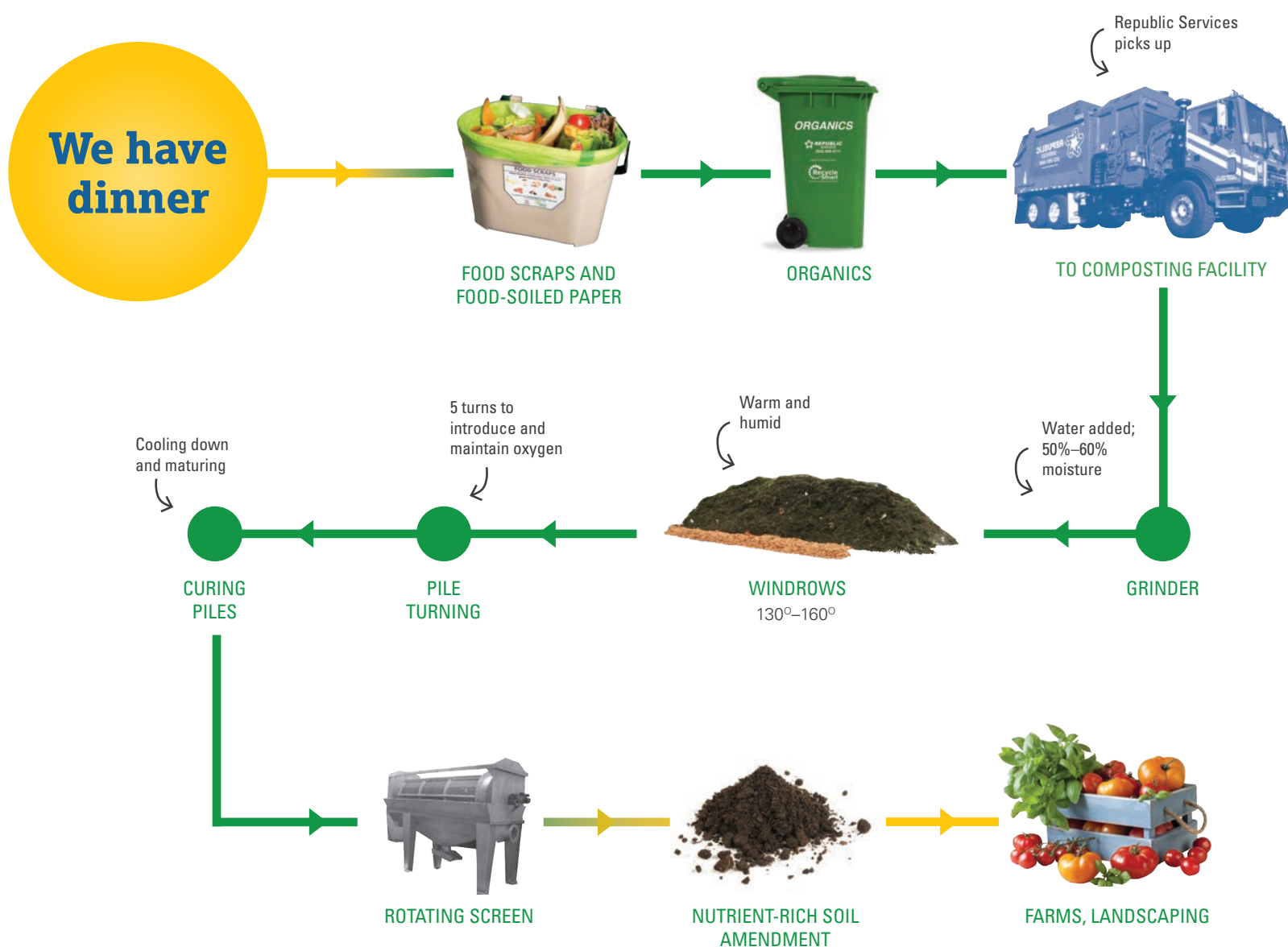
Did you know that more than 500 restaurants, grocery stores and schools are participating in our commercial food recycling program today? It's a major success that diverts tons of food waste from the landfill. Unlike traditional composting, the Food Recycling Project results in electricity, produced at EBMUD's facility in Oakland.

From a small pilot program in 2009, the list of participating restaurants, schools and other businesses has just kept growing.

You can search the full list at RecycleSmart.org/Restaurants

Is your favorite spot on the list?

How it works



My Tips



One More Before the Bin

Tim C., Lafayette

Hi RecycleSmart, When jars get close to empty, I use what's left in them to make a sauce or salad dressing. If I take it to a potluck at work or my kids' school, I don't have to worry about bringing the container home! I just give the jar a wipe and drop in the recycling bin wherever I am.

Honey Mustard Dressing

Add the following items to the 2 teaspoons honey left in your jar:

- 1 teaspoon English mustard
- Salt & pepper to taste
- 2 tablespoons vinegar (white or apple cider)
- 3 tablespoons olive oil
- 2 tablespoons vegetable oil

World's Easiest Ranch Dressing:

To a running-low mayonnaise jar (the packet calls for 1c. mayo, so I eyeball it), add:

- 1 cup milk
- 1 ranch dressing packet

Mix well (with a spoon and a good shake) and enjoy!

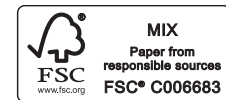
Need More Info?



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For tips, resources and other recycling services!

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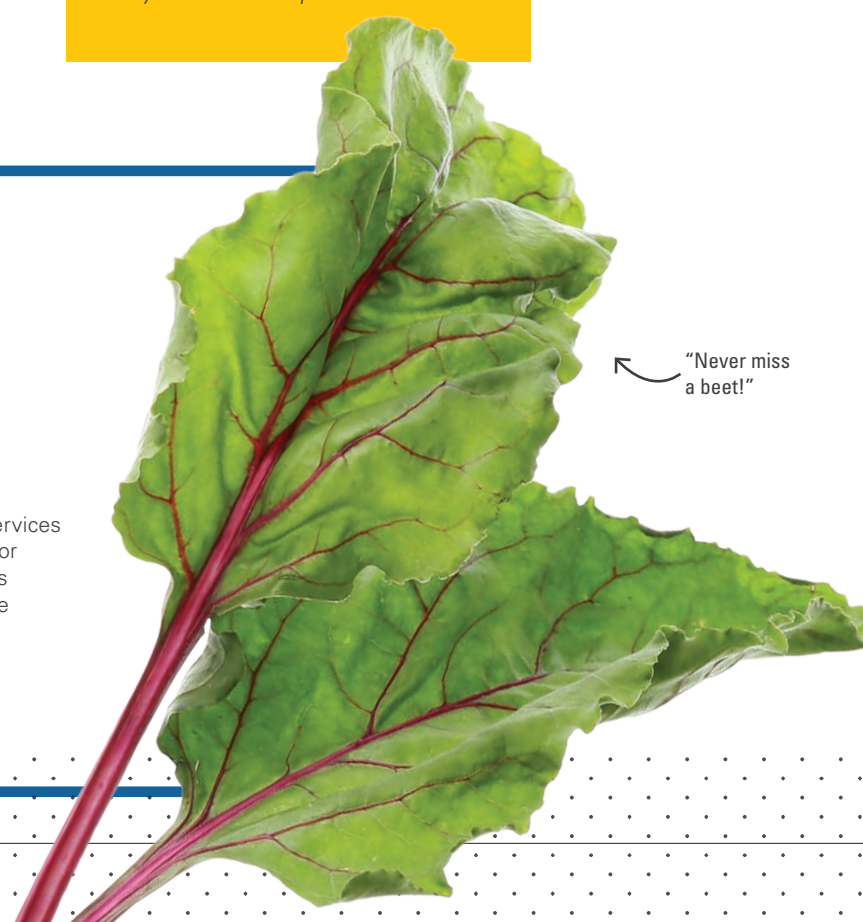
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Organics, Recycling and Landfill

925-685-4711

Ask your property manager to contact Republic Services about additional recycling, organic or landfill carts or bins, computer and TV collection, special clean ups or to request motor oil recycling kits, recycling tote bags and kitchen food scrap containers.



"Never miss a beet!"



GET YOUR BUILDING A GREEN CART!

If you don't have a green cart at your building, give your property manager a call! Republic Services is working hard to get all homes in the area started with composting, including apartments and other multifamily buildings.

Republic can send starter kits of information, kitchen food scraps containers, and signage to your property manager to help you and your neighbors get in on the compost action!



HAVE TIPS TO SHARE?

Send your ideas to
Authority@RecycleSmart.org