Winter 2015

Green Living News

Quote of the Quarter

Jennifer Fascitelli
DPW Program Coordinator
Wilton Public Works

"The department is working on some exciting changes at the Wilton Transfer Station for 2015. These changes include further improvements to the Transfer Station Facility and the expansion of items that can be recycled as we move toward the goal of single stream recycling."

Winter Events

Wilton and neighboring towns offer a variety of opportunities to enjoy and protect the environment. Here are a few of our favorites.

Wilton Go Green / Wilton Library Association Green Speaker Series
American Attitudes Toward Climate Change
January 13th, 7:00pm -- 9:00pm at the Wilton Library. Register here

George Schaller with Daryl Hawk
February 19th, 7:00pm--9:00pm at the Wilton Library. Learn more

Art of the Wreath Holiday Party
Share cocktails and appetizers with friends while perusing festive statement wreaths, featuring local wreath-making talent. December 6th, 7:00pm -- 10:00pm at Amber Farm.

BOARD NEWS

Another Step Closer

WGG is enlisting the local business community to move Wilton a step closer to becoming the most sustainable town in Connecticut. In early November, we launched our Green Business Designation program, which celebrates companies and organizations practicing good Earth stewardship in their general operations.

To receive the Green Business Designation, organizati must implement 12 action steps from a just-published checklist of 46 sustainability best practices in five categ education, water, indoor environment, transportation ar energy. Those opting to go further and adopt 20 sustair practices earn Platinum Level recognition. Look for the Green Business decal in office and retail windows arou town, and take a moment to step inside and thank thos organizations for their commitment to smarter, more environmentally responsible use of our natural resource

WGG is lining up an exciting roster of speakers for our Green Speaker Series at the library. On January 13th, I Fernandez will discuss the Yale Project on Climate Cha Communication's latest research regarding the attitude the U.S. population on climate change. Then, on Febru 19th, Wilton Resident and renowned documentary photographer Daryl Hawk will interview George Schalle recognized by many as the world's preeminent field bio Schaller will share photos and tales of the seven most important global projects with which he is currently invo including his work with gorillas in Rwanda, the tigers of Burma, and Brazil's jaguars.

And be sure to check out Good Morning Wilton each Wednesday for information and ideas on how to protec natural resources and live a more sustainable life. A collaboration between Wilton Go Green, Good Morning Wilton, and the Middlebrook Recycling Club, the weekl feature provides eco-tips that make it easy to be green.

Giving the planet a helping hand is just a matter of mak

Ambler Farm Greens Sale
Enjoy hot cocoa, cider and treats, visit with Santa, gather with friends, and leave with a freshly cut tree, holiday wreaths and roping. December 7th & 14th, 9:00 a.m.-4:00 p.m., December 8th & 15th, 11:00 a.m.-4:00 p.m. Learn more

Ambler Farm Maple Syrup Tap-a-Tree
Learn the science and history of maple syruping during two hands-on training sessions. February dates to be announced. Learn more

WInter Farmers' Markets
Farmers' Market at Sugar & Olives, 21 1/2 Lois Street, Norwalk, Fridays, 3:00pm -- 7:00pm. (Closed Christmas and New Year's Day) Learn more

Winter Westport Farmers' Market
Farmers' market at Gilbertie's Herb Gardens, 7 Sylvan Lane, Westport, Saturdays through March 14, 2015, 10:00am -- 2:00pm. Closed Christmas and New Year's Day. Learn more

Seasonal Recipes

Cooking with local, organic produce and eating with the seasons nourishes not only body and soul, but the environment as well.

Roasted Root Vegetables
These veggies are the perfect accompaniment to lamb, beef, poultry, pork or a vegetarian entree. Double the recipe and toss the leftovers into cooked stew for hearty dish without the mushy vegetables. Savory, colorful and nutritious--ideal for Sunday supper by the fire or a large holiday gathering. Get recipe

Morning Glory Muffins
Enjoy these muffins right from the oven on a snowy winter's day. Filled with the good stuff -- apple, carrots, raisins, walnuts and wheat germ -- they're a healthy and delicious way to start your day. Serve them on their own, with whipped cream cheese or fruit preserves. Get recipe

one simple change at a time. And there's a big bonus: s
lifestyle changes not only benefit the planet, they often
money, too.

Got a favorite green tip that you'd like to share? Email i
at info@wiltongogreen.org and we'll be sure to include
an upcoming edition of Green Living News.

HAPPY GREEN HOLIDAYS!

Celebrate the season sustainably

This December give a gift to Mother Earth that benefits
With a little effort and imagination, you can celebrate th
season *and* reduce the additional 5 billion pounds of lar
bound waste generated during the holidays.

Even "green" celebrations create trash, much of which
be recycled at the Wilton Transfer Station. Minimize hol
waste by flattening cardboard shipping and gift boxes th
recycling them along with wrapping paper and cards (e
those with metallic finishes). Remove and save ribbons
bows for reuse, and collect giftwrap in paper -- not plas
bags. Even molded plastic inserts used in packaging ca
recycled alongside milk bottles and yogurt containers.

The Transfer Station accepts a surprising variety of iter
clothes and shoes, computers, printers and monitors,
mattresses, furniture, televisions, batteries, appliances,
plastic children's toys that are no longer usable, tires, s
metal, CFL bulbs, fluorescent light tubes -- even Christr
trees, which it chips and uses for mulch.

In fact, there's little that can't be recycled or reused in to
Old eyeglasses or cell phones cluttering up your drawe
The Wilton Public Library gladly accepts them at the
circulation desk. The library also welcomes book donati
simply leave yours in the gray collection bins located by
drive-thru window on Godfrey Place.

Bring un-popped bubble wrap and foam packing peanu
that would otherwise become landfill to the UPS Store i
Wilton Center. (Deliver them in bags, not cardboard bo
Better yet, give upcycled gifts from your home, or check
Wilton CT Tag Sale for great local finds. Plan ahead by

Protecting Wilton's Wildlife

When winter arrives and food sources are scarce, most forest wildlife rely on mast -- the dry fruit from woody plants. In Connecticut, oak trees are the most valuable source of mast, according to the Department of Energy and Environmental Protection. White oaks produce a sweet mast each year while red oaks yield a more bitter crop every other year. Acorns also provide food during critical periods of winter scarcity. Other mast-producing plants include maple, elm, ash, various pine seeds, and nuts from oak, hickory, beech and witch hazel. If you're thinking of planting a tree on your property, consider choosing one of these valuable food producers -- and be sure to leave the nuts behind when clearing out autumn's fallen leaves.

purchasing home furnishings, bicycles, clothes and a w of other gently used goods at bargain prices at Wilton's annual Minks to Sinks Sale -- or consign some of your

When tidying up after the holidays, clean out the medic cabinet, too. Proper disposal of expired or unused prescription and over-the-counter medications minimize their potentially dangerous effects on the environment a wildlife. The Wilton Police safely dispose of unwanted medicine free of charge; collection bins are available in department lobby (liquid and sharps are not accepted).

Wilton's recycling initiatives will continue to expand in th months ahead, making it easier than ever to do your pa preserve and protect our environment. And Wilton Go G will be supporting the town every step of the way by exploring options for instituting recycling in Wilton Cent and at our sports recreation facilities.

SUSTAINABLE LIVING

Tips for a greener life

By making simple changes to the actions we take daily, of us can help turn the tide of climate change and prote Earth for generations to come. Living a greener lifestyle only protects our natural resources, but saves money a well. Here are a few tips to help you get started.

Natural Resources Help the trees remain in the forest out of the paper mill by purchasing e-books or secondh print editions. Book shopping online also saves time an money, but if you're not finding the title you want or sim enjoy perusing shelves full of mysteries, poetry, historic fiction and biographies, there's no better place than the Wilton Library.

Building Programmable thermostats automatically low the temperature setting at night or during unoccupied periods throughout the day, raising them again in the morning or during times when you're typically home. A degree reduction at night will save approximately five to percent on annual heating costs.

Food Cook at home! Preparing homemade soups, ste and other hearty winter meals is more economical and

Our Vision

Wilton will be the most environmentally sustainable town in Connecticut.

consumes fewer resources than dining out. And proces
or pre-made food can generate unnecessary waste: it g
packaged in plastic and cardboard, then trucked to loca
supermarkets. Besides, what's cozier than a home-cool
meal?

For more tips on how you can create a healthier, more sustainable home and community, click here.

Go Green! Submit your conservation news, favorite seasonal recipes, sustainability tips, green-event listings and wildlife photos to: info@wiltongogreen.org

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