



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](#), organizations must implement 12 action steps from a just-published checklist of 46 sustainability best practices in five categories: education, water, indoor environment, transportation and energy. Those opting to go further and adopt 20 sustain practices earn Platinum Level recognition. Look for the Green Business decal in office and retail windows around town, and take a moment to step inside and thank those organizations for their commitment to smarter, more environmentally responsible use of our natural resources.

WGG is lining up an exciting roster of speakers for our Green Speaker Series at the library. On January 13th, Iliana Fernandez will discuss the Yale Project on Climate Change Communication's latest research regarding the attitudes of the U.S. population on climate change. Then, on February 19th, Wilton Resident and renowned documentary photographer Daryl Hawk will interview George Schaller, recognized by many as the world's preeminent field biologist. Schaller will share photos and tales of the seven most important global projects with which he is currently involved, 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 protect natural resources and live a more sustainable life. A collaboration between Wilton Go Green, Good Morning Wilton, and the Middlebrook Recycling Club, the weekly feature provides eco-tips that make it easy to be green.

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

### 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: sustainable lifestyle changes not only benefit the planet, they often save money, too.

Got a favorite green tip that you'd like to share? Email it at [info@wiltongogreen.org](mailto: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 everyone. With a little effort and imagination, you can celebrate the season *and* reduce the additional 5 billion pounds of land bound waste generated during the holidays.

Even "green" celebrations create trash, much of which can be recycled at the [Wilton Transfer Station](#). Minimize holiday waste by flattening cardboard shipping and gift boxes (except those with metallic finishes). Remove and save ribbons and bows for reuse, and collect giftwrap in paper -- not plastic bags. Even molded plastic inserts used in packaging can be recycled alongside milk bottles and yogurt containers.

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

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

Bring un-popped bubble wrap and foam packing peanuts that would otherwise become landfill to the UPS Store in Wilton Center. (Deliver them in bags, not cardboard boxes.) Better yet, give upcycled gifts from your home, or check out [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 c

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 & 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 C 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 i degree reduction at night will save approximately five tc 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 processed or pre-made food can generate unnecessary waste: it is packaged in plastic and cardboard, then trucked to local supermarkets. Besides, what's cozier than a home-cooked 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](mailto:info@wiltongogreen.org)



Visit Our Website

STAY CONNECTED

Like us on Facebook 

Follow us on  twitter

Copyright 2015 Wilton Go Green. All rights reserved.

[Forward this email](#)

 SafeUnsubscribe™

This email was sent to [jana.bertkau@gmail.com](mailto:jana.bertkau@gmail.com) by [jana.bertkau@gmail.com](mailto:jana.bertkau@gmail.com) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Wilton Go Green, Inc. | P.O.Box 7652 | Wilton | CT | 06897