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With farmers’ markets, gardens, and health food stores emerging around Albany and in popular culture, “real” foods are occupying more spaces on our landscape and in our thoughts. Food holds a central place in our lives, and where it comes from holds serious implications for our personal health, our community structure, and the wellbeing of the planet. Luckily at UAlbany, we have a committed body of students, staff, and faculty who are talking about food in and outside of the classroom. This fall, we’ve been abuzz with a food-centric frenzy. In this issue of *Green Scene*, you’ll learn a bit about how our students, faculty and staff have taken different approaches to shifting the food culture in the direction of more mindful forkloads. Though we know autumn will soon fade into winter, right now we get to experience the abundance of apples, pumpkins and, of course, cider doughnuts. Enjoy the season!

*Mary Alexis Leciejewski, Office of Environmental Sustainability*

**Sustainability Programming Workshop**

**Tuesday, October 22nd at 5:15 and 7pm in Seneca B009.** All RAs welcome to learn about hosting successful sustainability programs. Chipotle will be provided to those who RSVP to gobgreen@albanu.edu.

**Harvest Fest**

**Saturday, October 26th from 1pm-5pm at Liberty Terrace.** See page 12 for more info!

**Sustainability Week**

**Monday, November 11th– Friday November 15th.** Be on the lookout for the many events will be held across campus focusing on climate change, alternative transportation, food, energy, and recycling!
It’s that time of year again! The fall 2013 energy campaign is running strong. We are over half way through the 10 week campus-wide campaign and it looks like we will finally reach our goal of reducing the university’s energy consumption by 10 percent! This campaign not only reduces the university’s economic bill and carbon footprint, but it also allows the residence halls to earn back a portion of the savings. Last year, this entailed community bikes for the bike share program.

Our first few weeks have run smoothly. We saw reductions, some small and some surprisingly large throughout the campus. As of September 30th Freedom reduced by 38.82%, Dutch Quad saved 10 tons of carbon dioxide, and the academic buildings saved 110,228 in KWH. Liberty Terrace is the only building that increased usage. For the full reduction chart click here.

We have just finished Week 5, which has proven to be an interesting one. The Life and Science Research Building (LSRB) has shown a large increase in electricity even when accounting for the expected usage of the RNA institute. Until this mystery is solved and can be properly documented, the LSRB will be withdrawn from the campaign.

With that into consideration, our week 5 report shows a 9.9% decrease with over 600,000 kilowatt hours saved and 224 tons of carbon! That is equivalent to planting over 800 trees! Most improved buildings include: Empire Apartments, Indian Quad, and Earth Science. Overall our reduction leaders for the entire campaign are: Freedom Apartments, Alumni Quad and Humanities (with Social Science right on their tail).

Great work to all our contributors! Keep up the reduction for the second half of the campaign and surpass our goal!

Football Games

Be on the lookout for the UAlbany Green Scene Team at the Great Danes’ football games. The student volunteers will collect recycling to reduce the footprint of our athletics!
The Office of Sustainability has established a new award to recognize the persistent efforts of campus community members. Each semester, one faculty member, one staff member and one student will each be awarded with a Terra for demonstrating a commitment to advancing sustainable culture at SUNY Albany.

Submit the nomination form to gogreen@albany.edu by November 1, 2013 to nominate a student, staff member, or faculty member.

The Terras

Plug In!

UAlbany now offers access to two electric vehicle charging stations free of charge! The downtown campus’s stations can be found in the Thurlow lot, while the one on the uptown campus is near the visitors’ lot near the business building. To charge your vehicle, just drive up and plug in!

Don’t Guess– Use GPS

This Fall, the UAlbany bus service is making it more convenient for riders to arrive at their destination. Each campus bus is getting outfitted with a GPS tracker, so you can anticipate if your ride is running ahead of time or behind schedule. The information will be available using your smart phone, in addition to the five screens that will be located in high traffic areas across campus.
In a student’s entire college career, there are always those courses that make one think, “I am NEVER going to need this.” This is not the case for the courses within the Sustainability Minor.

The minor is filled with classes that enrich students with information that can apply to every area in life. This month, the spotlight is on Professor Kendra Smith-Howard and her American Environmental History course.

Food is a topic that mostly everybody enjoys discussing, but is it the same in a school environment? This history course goes into detail about farming and food production in American History. It focuses on how people in the environment have interacted over time as well as the culture and history of food.

“Students can learn skills of history and also apply them,” said Smith-Howard.

With around 40 students in the class, they all can use the information learned in everyday life. By gaining knowledge about what happened in our history, students can prevent past mistakes while understanding why it failed.

Changes in technique and technologies of food are critiqued. There is also analysis of policies used to govern food and evaluations of how social communities shaped these changes. This course doesn’t only discuss food itself, but the causes and consequences of individual and state decisions about food.

Kendra Smith-Howard continued to explain the importance of this course with great investment. The course goes deeper than an outward meaning of right and wrong. It takes a deeper look into pre-colonial times through the present. Environmental factors such as disease, animals, food and so forth, molded our human history. Our own actions in the environment changed our future forever and will continue to do so. Over time, these discoveries have become more and more advanced.

If there is a way to be sustainable, understanding the role of food is major.

On Sept. 30, Kendra Smith-Howard conducted a book talk where she discussed these topics further. Her book, *Milking History for What It’s Worth: The Place of Environmental History in Food Politics*, focuses on milk and dairy farming in 20th century United States. Large scale processed foods and small local farming foods are looked at very closely. It cannot be stressed enough how important it is to know where your food is coming from and how it’s processed.

People need to be able to make these connections and truly grasp how it affects our everyday lives.

“It’s all about the relationship between your own research and the information taught,” said Smith-Howard.

If one is unsure about the history of food or how to understand it in today’s day and age, look into Kendra Smith-Howard’s history courses in the Sustainability minor and be on the lookout for her book! A professor with experience is one worth learning from.
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Sprouting Enthusiasm

On September 25th, The Office of Environmental Sustainability participated in “Advancing and Celebrating The Albany Promise Cradle-to Career Partnership.” The Office teamed up with Scott Kellogg of the Radix Ecological Sustainability Center to teach sixth-graders an easy and affordable method of growing healthy food at home.

Often perceived barriers to growing food prevent us from giving our green thumb a fair shot. But the UAlbany crew showed sixth-graders that you do not need much space or experience to raise a small crop of pea shoots, which require only a cup of soil, seeds, water, and a bit of sunlight.

Students reused yogurt containers as pots for their plantings. They mixed soil with nutrient-packed material from the vermicomposter. Topped with pea seeds, all that was left to do was periodically water while waiting a few weeks until their sweet tasting pea shoots would become snackable.

The workshop gave students a glimpse into the whole food cycle from soil to food and back. Brave students dug into the vermicomposter to feel the rich compost created by worms who convert food scraps into a rich soil additive.

Special thanks to the student volunteers and Scott Kellogg from the Radix Center.

How to Sprout at Home

You can grow fresh greens at home, without any need for soil.

1. Soak seeds overnight in a bowl with water.
2. The next morning, drain water and rinse with fresh water once or twice.
3. Place in a sprouting bag, or sprouting jar without any water.
4. Every morning and night rinse with fresh water, to keep the sprouts wet and clean of mold.
5. Ensure the sprouts never dry up, and repeat process until your desired length or age of sprout.

Rinse out with fresh water and serve immediately in salads, wraps, smoothies, juices, breads/crackers, or just eat as a snack!
Decrease the fuel needed for transporting food long distances.

Why Grow Food?

2. Eat fresher and healthier food, especially during winter.

3. Save money and increase self-reliance.

4. Reduce waste because there’s no need for packaging.
Written by Tyanni Niles

It starts with a single, lit match. A single match alone isn’t able to sustain its flame for too long, but once transferred onto a candle, that flame is able to shine brighter on a much bigger surface.

UAlbany hosted the NYS Capital District Student Sustainability Conference Saturday, September 21, 2013 in the Empire Commons Community Room. The event began with a panel filled with knowledgeable leaders in the field: Christina Grace, American Farmland Trust Co-Lead, Dan Purdy, Vice President of Purdy and Sons Distribution, Gary Kleppel, Director of Biodiversity, Conservation & Policy Program at SUNY Albany and Local Farmer, Steve Pearse, Executive Director of University Auxiliary Service for SUNY Albany, and Tim MacTurk, Sodexo Resident District Manager. In the audience we had students not only from UAlbany, but from Cobleskill, RPI, and Skidmore. Main discussion topics were the importance of local foods, how farmers are impacted by it, and how to get students involved in the local food movement.

Karan Verma, an undergraduate student from SUNY Albany, presented the match idea, while emphasizing the importance of leadership and demonstrating how to start a movement. The video he presented provided an overview about how to start a movement. From youth we’re taught to be leaders, but if everyone is a leader, who’s left to follow?

Derek Sivers accentuated the importance of being a follower. “If you really care about starting a movement, have the courage to follow and show others how to follow.”

This is a main ingredient to starting an effective movement.

Before beginning a movement, it’s important to identify the topic that gets people riled up. Everyone knows that local foods are fresher and healthier than processed foods, yet local foods aren’t as popular as they should be. Why?

Cost
Local food may be the better choice, but it isn’t cheap. Because the process is long and tedious, it reflects in the price. The challenge is getting people to pay more for healthier options. “Food is not a commodity—it’s a life support system,” said Gary, and this is why we should pay more.

Awareness and Concern
Sometimes, the problem isn’t distributing local foods to campuses or other areas; making people aware about the movement and getting them to care about what they’re eating proves to be the challenge. Many people aren’t aware about the benefits of healthier products, and those that may have knowledge on the topic are too stuck in their unhealthy eating ways.
Education

Many people don’t know the difference between an apple bought from the supermarket versus an apple bought from a local market, and that is the problem. Not enough people are educated on the topic.

The individuals of the panel stressed the importance of more fresh and healthy foods. Each agreed that education is an important aspect in this process. Informing students about the importance of food is key, but instilling passion and ethics about these foods should be included in teachings as well. By incorporating such practices into elementary and middle schools, the awareness will heighten and students will get a head start on the movement.

Gary Kleppel suggested that the biggest challenge and success, is that the movement is driven by students. In order for local foods to prosper is if students demand it.

The local food movement is new and will take time to develop, but it doesn’t have to remain that way. If we build awareness and have enough supporters, the movement becomes less of a risk. “With one mind, we can achieve anything,” said Dan Purdy. As individuals who want to create a more sustainable environment to live in, we must spread the word. It doesn’t do enough good to introduce healthier foods to a campus. The effect is longer lasting if everyone, not just students, were educated on the importance of local foods. Then, they can inform others to get involved.

All it takes is a single, lit match to start a movement; the rest is up to its candle light supporters.
Fall is officially upon us. The nights are longer and more chilly, everything (and I mean everything) is pumpkin or apple spiced, and the leaves are turning brilliant shades of red and orange and yellow. Farmers are also putting the finishing touches on this year’s harvest, which includes a fantastic apple and wheat crop, among other goodies. All of this means it’s also time for the second annual UAlbany Harvest Festival, being held on Liberty Terrace on October 26th between 1 and 5PM.

Last year, the event grew from a sidewalk festival allowing students to interact with local farmers and businesses in honor of National Food Day into a full-scale celebration of the bounty of New York’s agriculture. We had well over 300 UAlbany students and dozens of local community members attend the festival. The mayor of Albany himself, Mr. Jerry Jennings, also made an appearance. This year, we hope not only to have more groups participating, but more students and community members attending, as well. This year’s Harvest Fest will be even bigger and better.

We have so far invited a dozen local farmers, sustainability organizations, local businesses, and other groups to participate in this year’s Harvest Fest. Expect to see the Honest Weight Food Co-Op, The Capital District Community Gardens, Cabot Cheese, samples and information from Sodexo, fall crafts from the Girl Scouts of America, live music from campus duo The Safety Nets, and much, much more.

The fest will begin at 1pm with a short film by Emma Post, a young lady from the Capital Region, that chronicles her foray into local agriculture and sustainable eating. There will also be a lecture at 3:30pm from author Ben Falk, author of The Resilient Farm and Homestead, at which attendees will learn about building a sustainable future. All attendees of either the film or the lecture will walk away with a free Harvest Fest water bottle!

All of this is taking place in honor of National Food Day and it’s all free of charge and open to all. Hope to see you there!
The Resilient Farm and Homestead

Free Public Presentation by Author Ben Falk at Harvest Fest at 3:30pm

Ben Falk, M.A.L.D, developed Whole Systems Design, LLC, as a land-based response to biological and cultural extinction and the increasing separation between people and elemental things. Life as a designer, builder, ecologist, tree-tender, and backcountry traveler continually informs Ben’s integrative approach to developing landscapes and buildings. Ben has studied architecture and landscape architecture at the graduate level and holds master of arts in landscape design degree. He has taught design courses at the University of Vermont and Harvard’s Arnold Arboretum as well as on permaculture design, microclimate design, and design for climate change.

Ben will discuss his newest book. The Resilient Farm and Homestead is a manual for developing durable, beautiful, and highly functional human habitat systems fit to handle an age of rapid transition. The Resilient Farm and Homestead is more than just a book of tricks and techniques for regenerative site development, but offers actual working results in living within complex farm-ecosystems based on research from the “great thinkers” in permaculture, and presents a viable home-scale model for an intentional food-producing ecosystem in cold climates, and beyond.
We composted a total of 101,850 pounds of organics at Indian Quad from Jan 30 to May 18.

Compostable waste is collected every day in 32 gallon totes by Empire Zero Waste and transported to the Schenectady County Composting Facility about 20 miles away.

18% of municipal waste that is landfilled in the U.S. is food waste; where the greenhouse gas emissions produced are 23 times more harmful than if composted.
In January 2013, University Auxiliary Services, the University’s dining services and the Office of Environmental Sustainability collaborated on a pilot composting program at one of our five resident dining rooms – Indian Quad.

Cardboard, paper products, biodegradable plastic bags, and food scraps (including meat and dairy), separated from the waste.
Capital District Community Gardens

For more than 35 years, Capital District Community Gardens (CDCG) has worked to reduce the impact poor nutrition has had on public health in the Capital Region by organizing urban community gardens, offering healthy food access, providing nutritional and horticultural education for all ages, and coordinating urban greening programs.

Position Description

Education Intern (Year round; hours vary with seasons)

• Assist with phone calls to elementary schools to generate interest and schedule Taste Good Sessions
• Assist with the preparation and implementation of the Taste Good Series
• Develop and update content for Garden Fact Sheet Library
• Provide support in Summer Months during scheduled Garden Hours
• Assist with program database input
• Develop content for weekly blog posts

Education

• Ideal candidates have an interest in working in the areas of gardening, community health, early childhood, food or environmental education.

Time Frame

• Year round
• 4-6 hours a week during the Winter/Fall Months (October – March)
• 8-10 hours a week during the Summer Months (April – September)

Compensation

• Unpaid, college credit may be available

Interns will have the opportunity to pursue related interests and special projects toward fulfillment of the program. Spring, summer and fall internships are available.

Please send resume and cover letter to Laura Matturro, Garden Educator, at educator@cdcg.org with the subject line “Education Intern” skills.

For more info, click here.
Office of Environmental Sustainability Spring Communications Interns

The Office of Environmental Sustainability is seeking two motivated and energetic interns to assist with the publication of monthly sustainability bulletin, developing flier templates for a variety of sustainability engagement initiatives, assisting with social media management and completing other assignments as requested. The interns are expected work a minimum of 10-12 hours weekly during the spring semester. Internships are unpaid though students may obtain academic credit through the Communications Department.

Qualifications:

- Excellent writing and communication skills
- Working knowledge of Microsoft Office Suite applications, especially Publisher
- Background or strong interest in environmental issues/sustainability
- Project-oriented with strong self-initiative
- Adaptable to organizational changes and new projects
- Positive attitude, commitment and follow-through
- Photography skills a plus

Deadline:

Applications for the spring internships will be reviewed on a rolling basis.

If interested, send a resume and letter of intent to Mary Alexis Leciejewski at mleciejewski@albany.edu. Questions about the internship can be addressed to Mary Alexis at 518-956-8120.

Department of Environmental Conservation

The Department of Environmental Conservation participates in the New New York Leaders Student Intern Program. This is a centralized Student Intern Program for New York State Government. The single centralized portal supports established internship programs and existing relationships with colleges and universities by providing a single resource to which schools may direct students as well as a centralized place for DEC to post new, unpaid internship opportunities. The Program provides talented undergraduate or graduate students who are New York State residents or who attend a New York State college, university or graduate program and are interested in exploring a career in public service. Student interns will be given the opportunity to gain on-the-job training to enhance and supplement their academic course work. Each of the Divisions and Regions with DEC determine their level of participation in the internship programs. Internship positions with DEC may be paid or unpaid with the majority being unpaid.

All internship opportunities with DEC will be posted on the New New York Leaders Student Internship Portal. This can be accessed at http://nysinternships.com. To apply for an internship please use the internship portal. You will be asked to fill out an application for a specific time period (i.e., Fall, Spring, Summer) and you will be able to indicate a preference for a specific internship proposal. Your application will be matched based on the location, occupational areas of interest, standing and degree concentrations for specified internships.
Dia de Los Muertos Breadmaking

Tuesday, October 29th
6pm

Head on over to the Honest Weight Food Co-op for a culinary tour of one of Mexico’s most food-centric holidays. Learn exciting authentic recipes while meeting new people. You are sure to have a good time and walk away with new meal ideas. Go to the Honest Weight’s event calendar for more information.

Halloween Howl Prowl

Thursday, October 31
4:30-5:30pm

A great way to kick off your Halloween festivities is by going to the Albany Pine Bush’s Annual Howl Prowl. Discover new things while exploring the creepy shadows of our ecosystem. Enjoy themed snacks on your adventure.

Green Drinks at Creo

Tuesday, October 22nd
5:30pm-7pm

Join local “greenies” who are interested in connecting with other sustainability-minded folks. This month’s event highlights electric vehicles. Drop by for friendly conversation, good food, and electric vehicles to ogle. Green Drinks Albany is held on the fourth Tuesday of every month at Creo in Stuyvesant Plaza.
Drug Take Back

Saturday, October 26
The federal Drug Enforcement Administration (DEA) is conducting a nationwide prescription drug collection. Collections will be held at many locations around New York and are the best way to dispose of unused and unwanted prescription drugs.

Collection locations are posted on DEA's National Take Back Initiative webpage. In addition to the DEA collection on October 26, other collections are scheduled in many New York counties. Visit DEC's Household Drug Collection Schedule webpage to see if a collection is scheduled in your area. Many collections are available more often than the DEA collection.

Solar Energy Forum

Monday, October 21
7pm
The Schenectady County Environmental Advisory Council (SCEAC) will hold a forum on Solar Energy at the Niskayuna Recreation Center on Aqueduct Road. The public is invited to learn about the benefits and issues related to installation and use of solar power at home or at their businesses. Speakers will discuss sizing, siting, permitting, contracting and costs, as well as available financial incentives, for installation of solar products. The presentations will be followed by a question and answer session.

For further information contact Jeff Edwards at jeff.edwards@schenectadycounty.com
Eco-Fail

We’ve all witnessed it or maybe even been a part of it ourselves—the sometimes seemingly ubiquitous eco-fail. Let this be an outlet for your frustration. Snap a pic and send it to us with a location and an eco-remedy tip. The winner will be featured in next month’s issue and will win a reusable water bottle.

Sophomore Sarah Helgeson came upon this Eco-Fail in one of the trash rooms on the quads. As you may notice, many of the items can be recycled, including plastics and cardboard boxes. Use the provided recycling bins in your dorm rooms to sort out recyclables! Recycling one plastic would save enough energy to power a 60-watt light bulb for 3 hours!
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