



Sustainable Delaware NEWSLETTER

VOLUME 1, ISSUE 1

SEPTEMBER 2012

ABOUT SUSTAINABLE DELAWARE:

- Monthly meetings are at 9:30am the second Saturday of each month in the Delaware County Library Main Branch's Community Room.
- Visit us on the web at www.sustainabledelawareohio.org
- Find us on Facebook at Sustainable Delaware Ohio.

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Green Ideas and Hands on Workshops: Green-Wise Fair 2012

On a beautiful Sunday morning at Deer Haven Preserve, the 2012 Green-Wise Fair, sponsored by Preservation Parks and Sustainable Delaware, kicked off in grand style. Up from last year's attendance by 20%, the approximately 600 attendees had the opportunity to stroll through and discuss a wide variety of green products and ideas with the 45 vendors and exhibitors, 13 of whom were new to this year's Fair. Attendees enjoyed everything from free samples at several of the food exhibitors, to discussion of the vegetable oil fueled car presented by Buehler's. Also, recycling of used electronic devices by Possitivity was available, as well as several children's activities.



Attendees enjoying the many vendors at the fair.

New to the Fair this year were the Re-Skilling Workshops, bringing time-tested skills forward to today.

There were four workshops in the afternoon, given by members of Sustainable Delaware. These included Cattail Weaving by Marlene Hitchcock, Worm Composting by Paul Etheridge of Jumping Spider Farm, and Butter Making and Sock Darning by Kelly Vogt.



Worm composting workshop with Paul Etheridge.

Marlene Hitchcock's workshop not only included cattail weaving, but also a lesson in the history and versatility of the cattail. The butter making class was a big hit, with sample butters available to try on homemade bread. Paul Etheridge's worm composting class was a fun hands-on experience for all ages, as children and adults alike "dug in" for an educational experience with the worms.

According to Sandra McBrearty, Special Event and Volun-

teer Coordinator for Preservation Parks, the initial feedback from the event was very positive, with vendors and attendees both enjoying the bounty of the Fair. We hope to see everyone again at next year's Green-Wise Fair!

Sustainable Delaware would like to thank Sheila Fox, Tom Wolber, August Froehlich, Matt Vogt, Richard Lamprey, and Chuck Lynd for helping to work the Sustainable Delaware booth at this year's Fair.

You can see additional details of the Green-Wise Fair 2012 here: <http://www.preservationparks.com/programs/greenwise-fair-2012/>



The Sustainable Delaware booth.



Delaware
Community
Garden

*“Educating
ourselves and our
community on
green practices
and local buying
principles”*

Sustainable: What does it mean?

Definitions of Sustainable (from www.Dictionary.com):

- pertaining to a system that maintains its own viability by using techniques that allow for continual reuse.
- able to be maintained or kept going, as an action or process.
- able to be supported as with the basic necessities or sufficient funds: *a sustainable life*.

Sustainability is a commonly used word today, but what does it mean and how can it affect us? As we see in the definition of “sustainable” there are three meanings that pertain directly to how the word is used today. At the heart of its meaning is the ability to maintain an action or process that supports our needs indefinitely. Most commonly the word sustainable refers to our ability to provide long-term management

of social, environmental and economic needs.

Combining social, environmental and economic needs, we get a better view of how our world interacts as each of these needs interact with the others. By stressing one need over another, we end up with a dysfunctional environment that does not provide for long term maintenance of our needs. The problem with that is once one or more are gone, trying to live becomes more about survival than living.

For example, if we focus too much on social functions, say building houses, roads, dams, etc, what becomes of the economy and the environmental needs? While creating our built environment might boost the economy, can we sustain this economy based mainly on building? When we run out of things to

build, what happens to the economy? Environmentally, we may lose our ability to grow enough food, as too much land is used for buildings and infrastructure. Or we impact the fresh water supply, causing environmental damage. By focusing on all three aspects we can create sustainable processes that support our needs and allow our environment to continue in a way that can be maintained indefinitely.

Being sustainable is about our ability to look at the larger picture and to develop processes that make sense for long term maintenance of our social, environmental and economic needs, and to take action based on these processes. Without action we cannot implement change. Even small actions can move the process along towards a more sustainable future.

Local Produce at your Local Restaurants: Delaware Local Menu Week 2012

Wondering where you can find restaurants that source and use local produce and products? For two weeks this August, Sustainable Delaware presented the 2nd Annual Delaware Local Menu to highlight local restaurants that source locally. This year the participating restaurants were provided a Sustainable Delaware Local Menu window cling (thank you Roxanne Ami-

don) to place in their windows, identifying them as participants in the program. We had a 37% increase in restaurant participation this year. It is wonderful to see our local economy being supported.

You can find all the restaurants who participated and what they are locally sourcing here: <http://www.sustainabledelaware.org/localmenu2012.htm>

If you are interested in participating next year or have questions, please contact us at:

info@sustainabledelaware.org



Rack 'em Up!



Two new bike racks on the east side of N. Sandusky St.

In our continuing effort to make downtown Delaware more bicy-

cle friendly, two more bike racks were recently purchased and installed on the east side of North Sandusky Street between William and Winter. This adds to the initial purchase of a bike rack that was installed earlier this summer on the west side of North Sandusky Street in the same block.

We would like thank Bill Kizer of Sustainable Delaware, who has done the research and ordering of the bike racks as well

as working directly with the City of Delaware staff to have the racks installed. Many thanks go to the City of Delaware staff: Tom Homan, City Manager; Dave Efland, City Planner; Tim Browning, Public Works Director; and Charles Dukes and his crew from the Public Works Department.

Thanks also go to Roxanne and Charlton Amidon and Matt and Kelly Vogt for purchasing these two new bike racks for the city.

If you would like to purchase a bike rack for the city or make a donation toward the purchase of more bike racks, please contact Sustainable Delaware at: info@sustainabledelawareohio.org.

Ohio Wesleyan to 'Bite!' Into Food Issues

Ohio Wesleyan University's 2012 Sagan National Colloquium will nourish the mind with "Bite! Examining the Mutually Transformative Relationship Between People and Food."

This year's colloquium will begin Sept. 13 with a panel discussion of Ohio Wesleyan experts and include a fall semester lineup of guest speakers ranging from a world-renowned public health nutrition expert and an eco-chef to an alternative farmer and the founder of Sustainable Harvest International. On Sept. 24, the colloquium will include a Main Street Delaware Farmers' Market from 3 p.m. to 6 p.m. on the university campus.

"Bite! will allow us to explore how we interact with, change,

and are changed by food," said Christopher L. Fink, Ph.D., chair of the Ohio Wesleyan Department of Health & Human Kinetics and director of this year's colloquium. Fink's research and academic interests include behavior changes in nutrition and health, as well as the relationship between the Mediterranean lifestyle and health behavior.

"Just as each bite of food transforms the eater and the eaten, the relationship between people and food has also been demonstrated to be both transformative and reciprocal," Fink said. "Because there is such a strong association between dietary behaviors and many costly chronic diseases, food has become a major area of

emphasis in a wide range of current initiatives, from the 'Let's Move' program launched by first lady Michelle Obama to the recent United Nations high-level meeting of the General Assembly on non-communicable disease prevention. ... This focus has developed as an estimated 60 percent of global mortality has been attributed to chronic diseases such as cardiovascular disease and diabetes."

Unless otherwise noted, all colloquium presentations will be held in the Benes Rooms of Ohio Wesleyan's Hamilton-Williams Campus Center, 40 Rowland Ave., Delaware. All are free and open to the public. The presentations also are scheduled to be streamed online at <http://stream.owu.edu>.

7 p.m. Sept. 13 – "Why is Food Important?," an Ohio Wesleyan panel discussion, featuring OWU faculty members.

7 p.m. Sept. 17 – "Sustainable Farming for Food Security" by **Florence Reed**, president and founder of Sustainable Harvest International.

7 p.m. Sept. 24 – "Food Justice: At the Intersection of Food, Politics, Poverty, Public Health, and the Environment" by **Bryant Terry**, eco-chef, food justice activist, and author.

4 p.m. Sept. 26 – "Cuba Embraces Agro-Ecology" by **Sinan Koont**, Ph.D., in Phillips Auditorium, 50 S. Henry St., Delaware.

Read more about the 2012 "Bite!" Sagan National Colloquium at <http://snc.owu.edu>.



Sustainable Delaware

Our Mission: Sustainable Delaware is a group of citizens focused on promoting environmental, social and economic sustainability for the Delaware community through awareness, advocacy and action.

Rain Barrels for Sale

Sustainable Delaware is the **EXCLUSIVE** place to purchase Rain Brothers Rain Barrels in Delaware County. Proceeds fund community awareness programs. Free delivery in Delaware County.

Purchase at:

<http://www.sustainabledelawareohio.org/Sale.html>

Farmer's Markets in Delaware County

Main Street Delaware's Farmer's Market - Downtown Delaware, Wednesdays 3 to 6 pm and Saturdays 9:30 am to 12:30 pm

Original Farmer's Market - Delaware County Fairgrounds, Saturdays 9 am to 12 pm

Farmer's Market - Delaware Oakland Nursery, Sundays 1 to 4 pm

Sunbury Farmer's Market on the Square - Sunbury Town Square, Saturdays 9 am to 12 pm

Greater Powell Area Chamber of Commerce Farmer's Market - Local Roots parking lot, Saturdays 9 am to 12 pm



September Events

9/4/12	9:30 am-11:30 am	Meet the Farmer ^A
9/8/12	8 am-12:30 pm	Scioto River Sweep Litter Cleanup: call 740-203-2076 for details
9/8/12	9:30 am-11 am	Sustainable Delaware Monthly Meeting, Delaware Library Main Branch ^G
9/9/12	3 pm	All Horse Parade ^F
9/11/12	9:30 am-11:30 am	Meet the Farmer ^A
9/13/12	6:30pm-7:30 pm	Food Safety Seminar for Home Cooks: Orange Branch Library Advanced Registration call 740-203-2074
9/13/12	7 pm	SNC: Bite!, HWCC (Benes): Panel discussion about food ^B
9/14/12	8:30 pm-10 pm	2nd Friday Film: Truck Farm, behind Beehive Books
9/15/12		Delaware County Fair starts ^E
9/17/12	7 pm.	SNC Bite!, HWCC (Benes): Florence Reed (Sustainable Harvest International) ^B
9/14/12	7 pm	SNC: Bite! , HWCC (Benes): Bryant Terry, chef, food-justice activist and author of a vegan cookbook ^B
9/22/12	1 pm	Breaking it Down: Composting 101, Deer Haven Preserve, Ages 9+ ^C
9/26/12	4 pm	SNC: Bite!, Philipps Auditorium: Dr. Sinan Koont, Associate Prof. of Economics at Dickinson College & the author on sustainable urban agriculture in the Caribbean & Central America ^B
9/28/12	6 pm	Cash Mob: meet at Main Street Delaware office ^D
9/29/12	10 am-4 pm	Stratford Harvest Fair ^A

A. http://www.stratfordecologicalcenter.org/programs_events/calendar_details.html

B. <http://blog.owu.edu/bite/schedule-of-events/>

C. <http://www.preservationparks.com/events-calendar/>

D. <http://www.mainstreetdelaware.com/cash-mob.html>

E. <http://www.delawarecountyfair.com/generalinformation/calendar-events>

F. <http://www.delawarecountyfair.com/fair/all-horse-parade>

G. <http://www.sustainabledelawareohio.org/>