



# Sustainability Newsletter

**Fall 2017**

## Smithers and Area Recycling Society

Smithers and Area Recycling Society (SARS) has been providing recycling services to the Bulkley Valley and area for the past 14 years. The society was formed because of a passion for helping people with disabilities. They are able to provide employment to a number of special needs individuals. In addition to creating jobs, they have also been able to divert recyclables from the landfill.

SARS runs the BV Recycling Depot. Four years ago, they were able to build a new building. This is now a 5 star depot!! That means that you are assured of the best possible recycling experience.



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- Winterizing your garden
- DIY Skin Care
- Seasonal Eats: Potatoes

There is also the Tatlow Road facility, where industrial, commercial and institutional customers can take their cardboard for recycling (for a fee). If you phone ahead (250-847-3416), they can set up your account for billing!

What can you recycle? If you are a residential customer (and either you don't have curbside pick up or there are items that can't be left curbside), you can take a whole host of items to the Bulkley Valley Bottle Depot. Through various stewardship programs, they accept:

Small Appliances and Electrical Products

Batteries

Beverage Containers

Electronics

Flammable Liquids

Glass

Lighting Products

Metal (Aerosol Cans)

Paint and Hazardous Items (Pesticides)

Paper (including Cardboard)

Plastics (including foam and overwrap)

Check out [www.bcrecycles.ca](http://www.bcrecycles.ca) for more details!!

*This newsletter can be viewed online at: [www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter](http://www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter)*

# Putting your garden to “bed”

As our short growing season comes to an end, what are some things you can do this fall to set yourself up for success come spring? Here are some tips for preparing your garden for frost and overwintering your plants.



~ Pull up tomato, squash, pea and bean plants. If they're disease-free, compost them. If any are diseased, either burn them or discard separately. Pull up and put away the stakes.

~ Before the ground gets too hard, remove all weeds and debris and eliminate overwintering sites for insects and disease.

~ Gently till the soil to expose any insects who plan to overwinter; this will reduce pest troubles in the spring and summer.

~ Once most of the garden soil is exposed, add a layer of compost, leaves, manure (if you have it) and lime (if you need it). Gently till into the soil.

~ If some areas have hopelessly gone to weeds, cover them with black plastic or a layer of cardboard and leave it in place over the winter and into the spring to kill sprouting seeds.



## Garden Chores to do Before Winter

~ Empty all of your outdoor containers to keep them from cracking during winter. Store them upside down.

~ Hang a bucket over a hook in your toolshed or garage and use it to store hose nozzles and sprinkler attachments.

~ On a mild day, run your garden hose up over a railing or over the shed to remove all the water. Then roll it up and put it away.

~ Mow your lawn as late into the fall as the grass grows. Grass left too long when deep snow arrives can develop brown patches in the spring.

~ Don't leave fallen leaves on the lawn. Rake onto a large sheet or tarp, then drag to your compost pile in thin layers mixed with old hay and other material. Or, rake the leaves into loose piles and run the mower over them to turn them into mulch for perennial and bulb beds.

~ Cover your compost pile with plastic or a thick layer of straw before snow falls.

~ Drain the fuel tank on your lawn mower or any other power equipment. Consult the owner's manual for other winter maintenance.

~ Scrub down and put away your tools. Some folks oil their tools with vegetable oil to avoid rust.

We hope these tips will help your garden survive winter and thrive in spring!





# DIY Gardener's Care

## Homemade Hand Scrub

### Ingredients:

- 1 cup sugar (white or brown will work)
- 1 tablespoon sea salt
- 1/2 cup coconut oil
- 5 drops tea tree essential oil

### Directions:

Use a small bowl and melt your coconut oil to a liquid. Add in the sugar, salt and essential oil if desired.

Stir all of the ingredients together until the mixture is fully combined. Place the scrub into a jar or another air tight container and store in a cool place until ready to use.

To use the scrub, simply scoop out a small amount into your hands and scrub over dirty garden hands. Rinse with warm water and pat dry with a towel. If your hands feel greasy after use, you can rinse them again with regular hand soap.



## Not-Just-For-Gardener's Salve

### Ingredients:

- 1/4 cup coconut oil
- 1/4 cup beeswax
- 1/2 cup olive oil
- 30 drops lavender essential oil
- 20 drops vanilla essential oil

In a double boiler, melt the beeswax and oils. Remove from heat. Drop in the essential oils and mix well. Pour into your chosen glass container and allow to harden before using. This should last up to 12 months (or longer, if kept in a cool, dark place).



These are some ideas to get you started! There are lots of other recipes out there for skin care. Check out your local library or book store for books on the subject. If you have online access, there are numerous sites out there with many different recipes!!

# Seasonal Eats: Potatoes

Did your garden produce lots of potatoes this year? Here's some ideas of different things to do with them :)



## Scalloped Hasselback Potatoes

2 whole golden potatoes  
2 Tablespoons butter  
1 piece (about 2 inches long)  
Parmigiano-Reggiano, sliced thinly  
1/8 teaspoon garlic powder  
1/4 teaspoon kosher salt  
2 teaspoon olive oil  
1/4 cup heavy cream  
1/4 cup cheddar cheese blend

Preheat oven to 400 degrees F. Scrub potatoes. You need 2 wooden spoons with handles of the same width. Place a spoon on each side of the potato and start slicing the potato into thin slices. The spoons will stop the knife from cutting all the way through the potato. Slice the butter into thin pieces. Alternate the butter and the parmesan, stuffing them in between the slices of the potato. Season the potato with garlic powder and kosher salt. Drizzle the potato with olive oil. Bake at 400 degrees F for 45 minutes. Remove from the oven and drizzle heavy cream over the potatoes. Top with cheddar cheese. Place back in the oven for 10-12 more minutes. Remove and serve!

## Mashed Potato Pancakes

2 cups mashed potatoes  
1 egg, beaten  
4-6 tablespoons flour  
3-4 tablespoons butter, for frying

Combine the potatoes with 1 beaten egg, and add flour 1 tablespoon at a time and stir until it's all well mixed. Note: add the flour slowly to achieve just the right texture. You will want the mixture to be dry enough that you're able to handle it and form patties, but not too dry and crumbly. Use flour-covered hands to make the patties. Melt a tablespoon of butter into a large frying pan over medium heat and place the cakes into the pan to fry. Be careful not to overcrowd the pan so you'll have room to flip them. Allow each side to cook about 3-4 minutes until golden brown and crispy. Continue to cook the pancakes in small batches, adding more butter in between each time. Serve warm! Top with sour cream and chopped scallions if desired.



## Storage tips:

- ⇒ Store potatoes in a cool, well ventilated place.
- ⇒ Avoid areas that reach high temperatures (beneath the sink or beside large appliances) or receive too much sunlight (on the countertop).
- ⇒ Perforated plastic bags and paper bags offer the best environment for extending shelf life.
- ⇒ Keep potatoes out of the light.

