



Sustainability Newsletter

June 2014

Packaging and Printed Paper Recycling Update

In March 2014, Multi-Material BC (MMBC), the stewardship organization responsible for the collection of packaging and printed paper in British Columbia, informed the Regional District of Bulkley-Nechako (RDBN) that not all existing recycling depots in the RDBN would be included in the program, starting May 2014.

Currently, only four communities within the RDBN will be receiving curbside collection: Town of Smithers, Village of Telkwa, Nak'azdli Reserve, and the District of Fort St. James. Depot collection service will also be provided by the Nak'azdli Band for the Fort St. James area. Depot collection through the Burns Lake Bottle Depot has been delayed. MMBC will not be providing recycling services in the following areas: Houston, Granisle, Fraser Lake, Vanderhoof, Area "A" Smithers Rural, and Area "E" residents located on the south side of Francois Lake.

At the April 17, 2014 RDBN Board Meeting, the following recommendation was carried unanimously:

"That the RDBN write a letter demanding that the Ministry of Environment initiate enforcement actions against those producers that have failed to meet their obligations under the Recycling Regulation and ensure that fair, equitable and 100% industry funded recycling opportunities are provided to all residents in the RDBN."

For more information on Multi-Material BC's program, please visit www.multimaterialbc.ca, email info@multimaterialbc.ca or call 1-888-980-9549.



For those areas not being serviced by MMBC, existing recycling services will remain for the rest of 2014. Residents will be able to continue using the following recycling facilities:

Facility	Packaging and Printed Paper Accepted
Houston Recycling Depot	Mixed paper, cardboard, #2 plastics
Fraser Lake Bottle Depot	Mixed paper, cardboard
Smithers & Area Recycling Society	Mixed paper, cardboard, #2 plastics, plastic film
Bins at Southside Transfer Station	Mixed paper, cardboard
Bins at Vanderhoof Transfer Station	Mixed paper, mixed plastics
Bins at Burns Lake Transfer Station	Mixed paper, cardboard

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This newsletter can be viewed online at: www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter

If you have any questions about the content of this newsletter, please call Carolyn Lane, Sustainability Assistant for the Regional District of Bulkley-Nechako at 250-692-3195, toll free: 1-800-320-3339, email: carolynn.lane@rdbn.bc.ca

Eco-Friendly Lawn Ideas

Lawns can make your property look great, are perfect for kids to run around on and are a necessity for many dog owners. But the reality is they are thirsty drinkers and require quite a bit of maintenance. But with a bit of care, you can keep your lawn healthy in the summer and minimise its water needs — or consider some alternatives.



1. Grasscycling

Grasscycling is a great way to compost grass clippings right where they fall in your lawn. To get the most benefit, keep your grass about 2-3 inches high, only cutting it about one inch and leaving the clippings on the lawn. As they decompose, the grass clippings will return nutrients to the lawn and will help maintain moisture so you don't have to water it as often. Additionally, longer blades of grass help provide shade to the soil and prevent weeds from overtaking the lawn.

2. Replace your lawn with a garden

Whether your current lawn is in a less than ideal spot, is sloping or you just don't have the time or money to maintain it, replacing your lawn with a garden may be a good alternative.



- Vegetable Gardens— create an edible landscape. Planting your own vegetables can help you save money on food, reduce packaging waste and shipping emissions, and is the best way to eat locally.
- Replace a sloping lawn with trees, shrubs, and other leafy plants to reduce runoff and add interest to your property.
- Look into porous paving options or gravel to replace the grass, which will prevent runoff from paved areas while removing the need to water or fertilize grass. Plant native species, ornamental grasses and drought-tolerant flowering plants around the edges to keep a natural vibe.



3. Don't worry about your lawn going brown

During the hot summer months, lawns can turn brown. This does not mean your grass is dying, however, it is just dormant. When cooler, wetter weather hits, the lawn will once again turn green. Try not to water your lawn during this time period—you may end up wasting a lot of water.

4. Get a push mower

The push mowers of today are much more efficient and easy to use than they once were. Ergonomic designs and sharp blades can get the job done in a similar fashion to gas powered or electric lawn mowers, without the fossil fuel use, carbon emissions or fussy cords.

Beware of Phantom Power!!

Phantom power, also known as standby power or vampire load, is the electricity consumed by an electronic device while it is turned off or in standby mode. It is the power that maintains your TV settings and keeps the clock going on your VCR and microwave. But this electricity use is not cheap—it's been estimated that this can make up to 10% of your electricity bill! Devices that are commonly known for phantom power loss include:



- TVs
- VCRs, DVD players and DVRs
- Cell phone chargers (and any other battery chargers)
- Clock radios
- Computers and printers
- Coffeemakers
- Power strips
- Microwave ovens
- Any device with a remote control
- Any device that is programmable
- Any device with a power light or standby indicator light

To reduce or eliminate phantom power, try these tips:

1. Unplug things like chargers which continue to use energy when not in use, but do not do anything extra.
2. Consider leaving your microwave and VCR unplugged until you need it. It will mean a few less clocks in your life, but that might actually be nice.
3. Plug all of your computer components into a power strip. Then, turn the strip off when you are done using your computer. Do the same for your TV, DVD player and other home entertainment devices.
4. Set your computer to go into sleep mode when it's not in use.
5. Invest in Smart Strip powerstrips, which will automatically cut power to devices that are not being used.

Seasonal Eating in June and July

Although it is nearly impossible to have a “100 Mile Diet” while living in northern British Columbia, there are certainly a lot of BC grown fruits and vegetables we can choose from to help make sustainable food choices. Here are some foods to look for at your local farmers market or grocery store that are in season throughout June and July:

June

- Strawberries
- Rhubarb
- Spinach
- Kale
- Green Onions
- Swiss Chard
- Broccoli

July

- Apricots
- Nectarines
- Raspberries
- Cherries
- Potatoes
- Lettuce
- Turnips



Raving Rhubarb Recipes

Rhubarb is a plant that you will find in gardens everywhere in Northern BC. It is a perennial, easy to grow, and very hardy. You can even cut off parts of the plant to give to friends so they can start their own! Rhubarb stalks are typically used in desserts, but are also a nice accompaniment to savory dishes. Rhubarb leaves should never be eaten—they are poisonous. However, the leaves can be composted.



Rhubarb Berry Crumble



Ingredients

1 1/2 cups chopped rhubarb stalks
2 cups raspberries or sliced strawberries
1 1/4 cups sugar
2 tbsp instant tapioca
1/2 tsp finely grated orange zest
2 tbsp orange juice
Pinch of salt

For the Topping:

In a bowl, combine 6 tbsp softened butter, 1/4 cup packed brown sugar, and 1/4 tsp grated orange zest. Mix with an electric mixer until creamy. Stir in 1 cup flour and a pinch of salt. Work mixture with fingers until it forms pea-sized coarse crumbs.

Directions

1. Preheat oven to 375°C. Stir together rhubarb, berries, sugar, tapioca, orange zest, orange juice, and salt in a bowl. Let stand 15 minutes, stirring occasionally.
2. Grease a medium sized baking pan and pour in rhubarb berry mixture. Sprinkle with topping.
3. Bake until topping turns golden and juices are bubbling, 30 to 35 minutes. Let cool in pan on a wire rack 30 minutes. Serve with vanilla ice cream or yogurt.

Pork Chops with Rhubarb-Cherry Sauce



Ingredients

1/2 cup dried (or fresh) cherries
1 tablespoon balsamic vinegar
1 teaspoon plus 2 tablespoons olive oil
1/2 cup finely chopped onion
2 cups of rhubarb, ends trimmed, cut crosswise into 1/2-inch pieces
3 tablespoons sugar
Pinch of ground nutmeg
Coarse salt and ground pepper
4 pork loin chops, (each 1/2 inch thick and 6 to 8 ounces)

Directions

1. In a small bowl, combine cherries with vinegar and 1/4 cup hot water; let stand 10 minutes to soften.
2. In a small saucepan, heat 1 tsp of oil over medium-low heat. Add onion; cook until softened, stirring occasionally, about 10 minutes.
3. To the saucepan, add cherry mixture, rhubarb, and sugar; bring to a boil. Reduce heat; simmer until rhubarb has softened, 5 to 8 minutes. Stir in nutmeg; season with salt and pepper. Remove from heat; keep warm.
4. Generously season both sides of pork chops with salt and pepper. In a large skillet, heat remaining 2 tablespoons oil over medium-high heat. Cook pork (in two batches, if necessary, to avoid crowding the pan) until browned and cooked through, 3 to 4 minutes per side. Serve topped with warm sauce.