



The AUUF Green Pages – September 2008

Living Green, Living Well!

You're Invited –

By and large, as we say, AUUF members and friends are very environmentally aware and responsible people. As it says above, “living green, living well.” And, as we all know, there is always room for progress. As “Green Sanctuary” chair, I’m supposed to provide some leadership in these efforts. Actually, I like Peter Livant’s suggestion that “servantship” might be a better term. In other words, I don’t think of my role as being the Decider. I’m here to help, and I need all the help I can get.

Following are the main suggestions I’m making for this year’s AUUF green program. You’re invited to give input, help organize, or participate in any way you choose:

That we again take on a couple of lay-led Sunday services, one possibly focused on helping the community and individuals further reduce their carbon footprint(s) and another focused on the spiritual and moral dimensions of the challenge of Climate Change;

That we organize a Northwest Earth Institute adult discussion course on ethical eating, Menu for the Future (<http://www.nwei.org>); and

That we focus on local food and hunger issues in carrying out the “environmental justice” project required for our certification as a Green Sanctuary congregation.

Plus, the AUUF.net website is being remodeled and the AUUF Green Web Page is a blank crying to be filled with useful stuff -- Your ideas?

The Green Sanctuary committee (aka “Environmental Joys and Concerns”) will meet next at 9 am in the Busch Center before the Sunday service on September 7. You’re invited. The “committee” is whoever shows up.

– Jim Allen, 334-499-2380, vineyfig@knology.net

(o o) V The Green Raven

Fall of the Raven: Slowing the rate of extinction. Our extinction.

In grammar school, and maybe all the way through school, the first thing one did in the fall was to review everything that went before. What has the Raven been cawing about all these years? The several R’s, for one thing: Reduce, Reuse, Recycle, Repair. They all bear repeating:

Lighting: I haven’t figured how to reuse, recycle, or repair a light bulb, but you certainly can reduce by turning them off when you leave the room. No, it does not take more energy to start it up again in a minute than to leave it on. And of course replace incandescents with compact fluorescents.

Cars: Reduce your use by finding alternatives: car pool, bike, walk. Keep your car in good shape and, yes, keep your tires pumped up. Drive slower. You all know this. We’ve been here many times. Plus, as with lights, switch it off when you’re not actually using it. If you will be stopped and idling for 30 seconds or more, turn your car off, just like a Prius would. My daughter can see the benefit in her gas mileage of shutting down her car for the slow light at Wire Road and Shug Jordan. I’ve seen reports saying you can cut gas consumption as much as 20% by doing this.

Home heating and cooling: Nudge the thermostat further up in the summer, down in the winter. Turn it off and open the windows in mild weather. Enjoy, don’t ignore the seasons.

Eating: Choose naked and local food, organic if possible.

Continued –



Puzzler: Is there anything green going on in this photo? And who is this guy anyhow? Answer: He’s composing a letter to the Governor urging him to support truly renewable energy and green-collar job creation for Alabama. Writing letters to elected officials (or the editor) on environmental issues is one stunt best NOT left to the professionals; you should indeed try this at home yourself.

And who is it? Why, it’s yours truly, Jim Allen, AUUF Green Sanctuary chair – so now you know for sure who to contact whenever you have environment-related questions, whenever you want to get YOUR green doings featured in the newsletter, and whenever you want to get personally involved in the AUUF environmental program. The committee next meets at 9 am on Sept. 7 in the Busch Center – and you are indeed invited. Call me at 334-499-2380 or email vineyfig@knology.net.

PS: The computer equipment and lights are all plugged into a power strip under the desk. Switching that off prevents the various wall-warts from continuing to suck energy when I’m not working here.

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ble, home grown if possible. Even a few pots of whatever you eat raw will help both you and the world. You (unlike our industrial farmers) are unlikely to contaminate it, and it won't have to travel.

We know all of these things, but we need to practice them. Habits change slowly. We don't have much time.

In addition to the basic R's, perhaps we must add even Reform and Retreat. All the Climate Change information I am getting these days ties saving the climate to social well being. Lester Brown's "Plan B" (to save our world) calls for ending poverty, AIDs, ignorance, as well as ending petroleum and coal use. In other words, climate change is not just an "environmental" issue. We relatively privileged Americans can't avoid global harming alone. We are going to have to be more fair, more thoughtful, more loving, if you will. We don't have much time. The Great Extinction we are in the midst of now will (may?) extinguish us, too.

Unless. To quote the Lorax:

*Unless someone like you cares a whole awful lot
Nothing is going to get better, it's not.*

– Chip Busch

Environmental Film Series to Restart in September!

What better way to learn about environmental issues than watching a movie with friends, sweetened by organic cookies? Our Green Movie Series goes into its 3rd year on September 30 at 7:00 pm! Every month - on the last Tuesday evening - we'll watch a feature-length documentary, some short films or a movie that will inspire and motivate you to care even more about the only world there is for all of us. In the past two years, just to mention a few films, we followed two biologists into the Arctic Wildlife Reserve, wondered why we still

Here the Wild Things Are

This recipe uses freshly picked amaranth and lambs-quarter. (See the May '08 Green Pages for info on lambsquarter.) You'll need a medium-sized picking basket (about a gallon and a half) of the dry mixed greens.

Wash and cook greens about 5 minutes. (Option: add some fresh basil leaves.)

Mix together 8 oz cream cheese, 2 T mayo, 3/4 cup cottage cheese, 5-6 T milk; add grated nutmeg to please.

Layer greens and cheese mix, with cheese on top.

Melt 4 T softened butter for whole wheat bread crumbs to be sprinkled/spread on top.

Bake at 350 for 30 minutes.

Variation: Use fresh and local broccoli or spinach. If using commercial frozen greens or broccoli, use 3 10-oz packages, no need to cook them first but bake casserole at 375 for 40 minutes.

Serves about 6.

– Judy Collins

do not have The Electric Car, learned in Blue Vinyl why vinyl siding for houses is not such a good idea, took a close look at the food we eat, and found out how Cuba solved its energy crisis after the collapse of the Soviet Union. We have had so many really good movies that it is hard to imagine that there is more this year! On September 30 we will kick off the season with two short films: Flip Floatsom, and For the Price of a Cup of Coffee. Each film will last about 30 minutes. Of course, there will be organic cookies. And believe it or not - ALL FOR FREE! So mark the last Tuesday of each month in green! For more detailed info please call or email Gisela (821-4293 or 844-5468; buschgi@auburn.edu).

The Fall and Winter Garden

We are told to start winter greens and broccoli in late August. Don't try it in the full sun! It is still pretty warm out there. I have broccoli on the porch, and a new crop of parsley. I'll get swiss chard going when I get a round tuit. (Hard to find, those tuits). Also kale if I have seeds. And lettuce. Arugula, if I liked it -- or maybe just to entice Terry out. Broccoli in my garden has a somewhat large starting head -- not huge. But the little heads that follow generally last all winter, two or three pickings per week.

I had two year old broccoli seeds which had just been sitting in their opened package in my non-air-conditioned house. So I figured I'd have low germination. So I planted them all. I have transplanted 32 of them, and would do a few for you if you get the word to me soon enough. Actually, I'll have trouble murdering any of them. They look so hopeful...

I'm harvesting tomatoes, okra, eggplant, bell peppers, poblano (mildly hot) peppers. The blueberries were still coming on at last report (I haven't been down) and I've been canning and drying pears and figs. I need to walk out and inspect the grapes. They are getting too much shade and too little trellis and have not been doing well. Still. Shame to waste any that made it.

Y'all didn't come to pick blueberries. Soon the chestnuts will be falling. Will you want any of them? I used to pick them and bring them in, but I'm not up to it any more.

– Chip Busch



Joy of the Wild Weeds

It's late August and the most plentiful edible in our garden now is a weed: green amaranth. It's tasty when harvested early and very nutritious. Although known in these parts only as a weed, it has been cultivated in

many parts of the world for centuries as either a vegetable or a grain crop (various species). The Wikipedia article is particularly good: <http://en.wikipedia.org/wiki/Amaranth>. Be careful of identification; check samples with experienced gardeners and test very small amounts for possible allergic or toxic reactions.

– Jim Allen