East Haddam Community Food Bank Garden Expands

The volunteer community garden has expanded, with the help of a grant from the Rockfall Foundation. This season the garden is in a new location in front of the old middle school.

As of September 1, Nancy and Ted Pincus, the garden’s tireless volunteers, have harvested more than 80 pounds of beans, peas, broccoli, cucumbers, squash, tomatoes, watermelons and sugar pumpkins. All of these veggies have been donated to the town Food Bank. Potatoes, carrots, and tomatillos will be harvested soon.

We would like to express out thanks to the local residents and businesses who have donated seeds, plants, fencing, and manure to benefit the garden.

Save Cash with Connecticut’s Solar Lease Program

Connecticut’s Solar Lease Program is accepting applications again. Qualifying homeowners can add a solar system to their home with no up-front cost. The lease is for 15 years, and the monthly payment is fixed.

The solar system installed on a home is designed to generate all of its electricity. The monthly lease cost for a 5kw solar system (which generates around 500 kwh a month, depending on the amount of sun) is around $100 per month. More information is available at www.ctsolarlease.com.

There will be a free tour of solar homes in Connecticut on October 2, 2010 from 10:00 a.m. until 4:00. More information, including a map of the tour, is available at www.solarconnecticut.org.

Are Energy Vampires Bleeding You?

Do you have vampires lurking in your house? Vampire power could be costing you money. Any appliance or electronic device with a digital display that is on all the time, or has an instant on/off remote control, is drawing power, even when it seems to be turned off.

Your television, stereo, computer, printer could be using electricity that may account for up to 20 percent of your electric bill. Unplug these devices or plug them into a power strip that you turn off when not in use. Slay those vampires!
Go Local and Blue-Bag It!

Thanks to a grant from the New England Grassroots Environment Fund, the talents of local high school students, and the support of local merchants, East Haddam has its own reusable shopping bags.

The distinctive blue bags are for sale at Grist Mill Market, Nathan Hale Pharmacy and the Gillette Castle gift shop.

Using reusable shopping bags helps to reduce the need for about 1,000 plastic bags per year, per person. –Once our first run of 1,000 bags is distributed and used regularly, that means eliminating about 1,000,000 plastic bags annually in East Haddam!

So shop locally and Blue-Bag it!

5 Tips for a Green Thanksgiving -- and Beyond

1. Eat in season – Apples, beets, cabbage, carrots, cider, cranberries, garlic, kale, leeks, onions, parsnips, pears, potatoes, pumpkin, spinach, sweet potatoes, Swiss chard, turnips, and winter squash are all in season and available here in the fall.

2. Buy from local producers - All of the above items, plus cheese, wine, eggs, milk, turkey, chicken, beef & pork are produced locally (within a 100-mile radius of East Haddam). In addition there are locally made breads, pickles, jams, preserves, salsa, sauerkraut, and tomato sauce. Check local markets, farmstands and farmers markets for these items.

3. Tame the trash - Use cloth napkins and biodegradable trash bags. If using disposables make sure they are compostable and/or made from post-consumer waste.

4. Recycle! - East Haddam has single-stream recycling now, so all your recyclables (paper, cardboard, plastic & metal) can go in one container. It’s easy and helps save the environment and your tax dollars.

5. Eat those leftovers - And compost what you don’t eat or recycle.

6. And have a wonderful Thanksgiving!

Area Green Events Calendar

If you or your organization are sponsoring an event that promotes healthy and sustainable living; protects, restores, or maintains ecological integrity; or supports the use of clean energy, conservation of energy and natural resources, please let us know. We’d love to share the news!

Send submissions to easthaddamgreencommittee@gmail.com. Include your organization’s name, the location, date, time of the event and contact information. Keep submissions under 100 words and submit them early. Our newsletter is published every other month. Events start on next page.
October 2, Saturday, 10:00 a.m. – 4:00 p.m.  
National Solar Tour  
The National Solar Tour is an annual event held in October. The SolarCT Tour opens homes and commercial buildings throughout the state to provide the public with an opportunity to experience solar power, solar heating and hot-water, daylighting, and other green and renewable technologies. Details and a map of the tour, which is free, are available at www.solarconnecticut.org.

October 3, Sunday, 10:00 a.m.–1:00 p.m. (rain or shine)  
Fourth Annual Colchester Fall Plant Swap  
196 South Main Street (Rte. 85) Parking and plant swap in rear.  
Fall is a great time to divide, thin, and fill garden holes. Do you have too much of a good thing? Put it in a pot and trade it for something new. Also bring potted cuttings and duplicates of your favorite houseplants. All plants should be in a pot or other container. (Bulbs and rhizomes may be bagged). You will be issued a ‘swap ticket’ for each potted plant you bring. (No Limit!). Each ticket can be redeemed for ANY plant at the swap. We will also have a “Free Table” for extra seeds, tools, planters, garden ornaments, feeders, or other garden items that need new homes. Come mingle with fellow gardening hobbyists and select from a huge assortment of healthy plants. Refreshments served. For more information, to RSVP, or for pre-registration plant description forms, e-mail Ellen at esharon@ntplx.net

October 10, Sunday, 2:00 p.m. - 4:00 p.m.  
"How to Make Sauerkraut"  
The Yurt at Shepardfields, 59 Bogel Rd., East Haddam  
Martha Hansen will demonstrate how to make traditional naturally fermented sauerkraut. Other food preservation techniques will also be discussed. This program is free to the public and is part of the October ECCoLoV (Earth Charter Community of the Lower Valley) meeting.

October 22, Friday, 7:30 p.m.  
“Adapting in Place” with Sharon Astyk  
Center Church on the Green, New Haven  
Sharon Astyk defines ‘adapting in place’ as “finding the best way to thrive at the home and community level in our places, to improve and enrich those places, to make changes we can afford and that serve us well. The goal, in the end, is to look forward to a future worth having." More information is available at www.newhavenbioregionalgroup.org or by contacting mariatupper@gmail.com.

October 23, Saturday, 3:30–6:30 p.m.  
(rain date Oct. 24)  
Fall Foliage Cruise: Ralph Lewis narrates Geology of the CT River Valley  
Join Ralph Lewis, former state geologist, on a sunset cruise on the RiverQuest. For more information about this fundraising event for the Lyme Public Hall, go to www.lymepublichall.org or email Leslie at erlewis@earthlink.net

October 27, Wednesday, 7:00 to 8:00 p.m.  
Winterizing Your Garden  
Brainerd Memorial Library, 920 Saybrook Road, Haddam  
Bob Glazier from Town and Country Nurseries will explain step-by-step how to get your garden ready for winter and answer your gardening questions. For more information or to register, call 860-345-2204

October 30, Saturday, 1:00–3:00 p.m.  
(rain or shine)  
Rockfall Foundation’s 75th Anniversary CT River Benefit Cruise with Jelle de Boer  
Please join us for an afternoon guided tour of the CT River with noted geologist, author and Wesleyan professor emeritus Jelle de Boer aboard the Essex Riverboat Becky Thatcher. Dr. de Boer will highlight the geology of the river and riverbanks-sharing knowledge and insights about the major geologic features along the way as well as their significance to the ecology, culture and economy of CT. More information, and a registration form, is available at www.rockfallfoundation.org
We’re Looking for a Few Green Volunteers …

The East Haddam Green Committee is charged with surveying the town’s eco-footprint, reporting on the results, and helping to promote a more eco-friendly town.

We’re looking for a few new volunteers to join our committee. Meet residents with similar values and interests. Make a difference to your community and the environment. Join the East Haddam Green Committee! Committee members or alternates must be town residents and at least 18 years old.

To become a member, attend one of our monthly meetings or go to the First Selectmen’s Office and complete a Committee Volunteer application.

East Haddam Green Committee
Meets the First Wednesday of each month at 7:00 pm at the River House behind the Town Hall

Current Committee Members:
Ken Simon, Chairman
Chad Peterson, Vice-Chairman
Martha Hansen, Secretary
Michael Harris
Nancy Pincus
Yvonne Rubin
Sue Staehly

If you have any comments or suggestions, please email us at easthaddamgreencommittee@gmail.com

If you no longer wish to be on the distribution list for this newsletter, please reply to this email and type “unsubscribe” in the subject line.

“Harvesting Hay on East Haddam Farm” 1920s postcard