“Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.” — Harriet Tubman
Living the Cardinal, Gold & Green
Discover how Rejuvafruit is renewing ideas about "ugly" fruit.

Symposium Schedule
View a detailed timeline of events taking place Feb. 27-28.

Sustainapalooza Preview
Get a sneak peek of the many "green" opportunities at Sustainapalooza.

Now You Know
Learn about the journey and impact of the chocolate you buy.

Celebrate Homemade Soups
Keep cozy this month with some deliciously-warming soups.

Green-It-Yourself
Create unique and homemade Valentine’s Day gifts from the heart.

Re-Think Valentine’s Day
Add a green twist to your favorite Valentine’s Day traditions.

Green Opportunities
Events and opportunities to inspire green connections.

February Calendar
Locations, dates and times for sustainable opportunities.

Underlined text throughout this publication is hotlinked to offer additional information.

SAVE THE DATE!
Join us as we celebrate the many sustainable achievements, projects and initiatives in both the Ames and ISU campus communities.

Events take place Feb. 27-28. See Pages 6 and 7 for more details.

Sustainable Connections!

The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University’s campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:
livegreen@iastate.edu
Among the words used to describe the ability to achieve success, accomplish greatness and overcome vicissitude, is passion.

Passion compels courage, ensures focus, ignites action, instills commitment and infuses stamina. Passion is an enthusiastic cheerleader and a relentless disciplinarian, both a friend and a nemesis. It is that which nudges good to great, talent to excellence and dreams to reality.

Passion is not the same place, feel or look for everyone. However, when discovered and embraced, passion is equally powerful, compelling and relevant.

To discover what we are passionate about is to identify the potential we possess and the impact we can achieve. Passion does not require money, influence or power – it can stand alone and self-sustain.

A college campus is an environment especially vibrant with passion, and Iowa State certainly exemplifies that. The passion that surrounds our research efforts toward discovering new ways to support a sustainable future, the passion that emanates from student projects and initiatives in defining and crafting the legacy they will leave for generations to follow, as well as the passion that brilliantly illuminates throughout our campus grounds, buildings and amenities that support and enrich the Cyclone experience. It embraces, sustains and inspires us every second of every day.

This month’s issue of Live Green! Monthly takes a look at the diversity of ways in which passion connects to sustainability and ensures a sustainable future through people, places and even things.

From a group of students passionate about changing the perception of cosmetically-challenged fruit, to companies and producers passionate about a more sustainable journey for chocolate, to channeling passion through taking part in events and opportunities and incorporating a unique twist to Valentine’s Day gifts and traditions – the potential released through passion is impressive and empowering.

Take time this month to find and share passion – in work and studies, with family and friends and throughout the community. Finding passion provides meaning, direction and justification. Sharing passion ensures commitment, resiliency and sustainability.

Wishing you a passionate journey this month!

Yours in Green-ness,

Merry Rankin
The journey in following a passion is one of discovery, challenge, patience and steadfast focus. Four Iowa State students have stirred their passions to make a positive impact on the community.

Heidi Kalb, junior, Emily Zagula, senior, Paige Myers, senior and Katherine Cummings, senior, all studying global resource systems, turned their passion for food security into Rejuvafruit -- an organization dedicated to raising awareness about the impacts of food waste and enhancing opportunities for reducing waste and decreasing hunger.

"Nearly one third of all food produced goes to waste," Kalb said. "That's a lot of food, inputs, time and money that is lost in a world where not everyone has enough to eat."

Rejuvafruit was established in 2015 when these students became a team at Iowa State to compete in the national Thought for Food Challenge. They were tasked to come up with a solution that would feed 9 billion people by 2050. Their solution was to take overripe or “ugly” fruits and dehydrate them to give them a longer shelf life. Not only did they envision a solution, they passionately pursued it.

In this pursuit, Rejuvafruit partnered with ISU Dining and the ISU Horticulture Farm. Although ISU Dining was taking its uneaten food items from campus dining centers and catering services to Iowa State’s compost facility and not landfilling it, there were still uses for the food that was being wasted.

In 2016, Rejuvafruit won best overall pitch at the fifth annual Iowa State innovation pitch competition, sponsored and judged by local businesses. They have also participated in the Young Entrepreneurship Convention Pitch Competition and the Okoboji Entrepreneurship Institute Competition.

The hard work the team has put in to make Rejuvafruit so successful has been driven by their passion to make a difference in the world.

“We have received so much support for our business venture from ISU and other business professionals, which has been awesome,” Kalb said. “We have also received funding through pitch competitions that has reinforced that our vision can have a positive impact and has helped us take product testing and creation to the next level.”

That next level includes expanding partnerships with grocery stores and restaurants in and beyond the Ames community.

“The food we use is [fruit] that would otherwise go to waste,” Zagula said. “We use apples that are bruised, bananas that have gotten a little past brown and other fruit that people may not want to eat fresh. By dehydrating it, we can still eat the food and it doesn’t go into a landfill.”

Currently, the dehydrated fruits are given out as samples to raise awareness for Rejuvafruit. In the future, the team would like to see the fruits donated to local

"Nearly one third of all food produced goes to waste. That’s a lot of food, inputs, time and money that is lost in a world where not everyone has enough."

- Heidi Kalb
food banks in an effort to combat hunger in the community.

A big part of Rejuvafruit’s mission aligns with the viral “Ugly Fruit and Veg Campaign.” Both work to raise awareness and offer solutions for food waste.

The Ugly Fruit and Veg Campaign uses social media to increase awareness and petition large grocers to sell “ugly” fruits. Locally, Hy-Vee has began a similar program where they sell cosmetically challenged fruits and vegetables at a discounted price.

“The ugly food campaign promotes and makes people aware of produce that is not the prettiest, but still edible,” Zagula said. “Making people aware of the waste that happens is a huge step. We want to take it a step further to make sure produce is consumed.”

The reduction of food waste encompasses all facets of sustainability. Environmentally, not only is food waste kept out of the landfill, reducing the amount of energy exerted to dispose of the waste is also decreased. Socially, additional food resources are created in an effort to feed more people.

Economically, Rejuvafruit saves businesses money by obtaining the “ugly” produce at little or no cost and, in turn, donating any and all profits toward food waste and nutrition education.

“Our main goal is reducing food waste and hunger,” Zagula said. “We recently decided to focus more on our core mission, so we are no longer trying to be just a business, but more an organization working to raise awareness, reduce waste and decrease hunger.”

The Rejuvafruit team is excited to focus on expanding their community engagement by partnering with local businesses and enhancing their sustainability efforts in new ways as they proceed into the new year.

In the upcoming year, look for passion to surge through Rejuvafruit’s new adventures and accomplishments by following them on their blog, Facebook and Instagram. Anyone who shares the same passions with the team is welcome to contact them via email.

“We are always looking for ways to be more sustainable and make a bigger impact in food waste reduction and combating hunger in our own community.”

- Heidi Kalb

Since their beginning, some things have changed, but the passion for and mission to reduce food waste and decrease hunger remain the same. Though the team has faced some challenges, they have also fostered many connections and accomplished many things in the last two years.

“We have struggled with not always knowing the next steps, but our passion for the mission of sustainability and food waste has kept us going,” Zagula said. “I know we will continue working on these issues after our undergraduate careers.”
SYMPOSIUM ON SUSTAINABILITY
ENSURING A SUSTAINABLE AND RESILIENT FUTURE

The 2017 Symposium on Sustainability celebrates the ninth year of Iowa State University's Live Green! Initiative. Join us for this celebration of campus and community-wide sustainability involvement, accomplishment and success. Visit the Symposium webpage for more information.

SCHEDULE OF EVENTS

MONDAY, FEB. 27

7-8 PM
Sun Room, Memorial Union
POSTER/TABLING SESSION
Network about the many sustainable projects, research and initiatives taking place at Iowa State and within the Ames community.

8 PM
Great Hall, Memorial Union
KEYNOTE SPEAKER: "Seeds of a Sustainable Future"
Join Colin Khoury for a lecture about his studies in the diversity in the crops people grow and eat around the world, as well as the implications of change in this diversity on human health and environmental sustainability. Khoury is a research scientist at the International Center for Tropical Agriculture (CIAT) in Colombia, and at the USDA National Laboratory for Genetic Resources Preservation. He is also the lead author of "Origins of Food Crops Connect Countries Worldwide", a study to see how much countries use foreign crops.

TUESDAY, FEB. 28

5-8 PM
Great Hall, Memorial Union
SUSTAINAPALOOZA
Discover a greener, more sustainable world in 2017! Participate in fun and engaging Green-It-Yourself Centers to learn sustainable living skills such as upcycling, green cleaning, as well as nutrition and wellness, from campus and community experts. Attendees can also take a pledge to be ensure a sustainable and resilient future, as well as enjoy local food refreshments and green giveaways. The poster and tabling session will continue in the Sun Room.

8 PM
Sun Room, Memorial Union
DOCUMENTARY SCREENING & DISCUSSION
Join The Green Umbrella for a short documentary called "Painted Poison", which explores the intersections between social, environmental and economic sustainability. After the film, join a student-led discussion about the ways in which inclusive environments can impact the global goal of sustainability.

8 PM
Sun Room, Memorial Union
LIVE GREEN! AWARDS FOR EXCELLENCE IN SUSTAINABILITY
Celebrate ISU faculty, staff and students who are currently making impacts on the campus’ sustainability efforts by generating awareness, engagement and empowerment through initiatives that focus on teaching, research, outreach and/or operations.

PHOTOS BY LIVE GREEN!
Join the Green Umbrella and the ISU Office of Sustainability for the sixth annual Sustainapalooza, an event within the 2017 Symposium on Sustainability. Sustainapalooza is focused on engaging and expanding green and sustainable initiatives, accomplishments and opportunities in the Ames and ISU communities.

**GIY CENTERS**

**Don’t Throw Away, Upcycle for Another Day**
Create and take home something new and functional with The Workspace! Learn how to make some awesome home supplies, such as folders, business card holders and magnets, out of recycled materials!

**Green Goes with Everything**
Join the DIY Craft Club to learn how to give vinyl banners a new twist! This durable material makes an awesome bag with a little creativity! You can take home your creation, too.

**Saveable and Sustainable Soups**
Make healthy soup with an extra long shelf life with ISU Dining! This delicious and nutritious soup never needs to go to waste and can be enjoyed in minutes.

**A Green Planet is a Clean Planet**
Craft your own eco-friendly essential oil soft scrub with Wheatsfield Cooperative! This homemade cleaning product can be used in your bathtub and sink. Snag free samples of other sustainable goodies, too!

**CLOTHING SWAP INFO**

**Exchange for Change**
Exchange your gently used clothes for a new, sustainable style! For every one item you donate, you can take one new-to-you item back home!

**COLLECTION LOCATIONS:**

**Donation (only) Drop Off:** East Student Office Space
- Feb. 14 until Sustainapalooza

**Donate-To-Swap:** Table by Bookstore, MU
- Feb. 16, 10AM-4PM
- Feb. 21, 10AM-6PM

**Donate And Swap:** Sustainapalooza
- Feb. 28, 5-8PM

**SUSTAINAPALOOZA SWAP OPTIONS:**
- One clothing item for one clothing item
- Two canned goods for one clothing item
- $2 for one clothing item

**WHEN:** Tuesday, Feb. 28, 5-8 PM

**WHERE:** Great Hall, Memorial Union

Sustainapalooza includes a variety of uniquely engaging activities, such as:

- Green-It-Yourself (GIY) Centers
- Wall of Cardinal, Gold and Green
- Local food refreshments
- Sustainable student art
- Live Green! carpet photo opps
- Green giveaways
NOW YOU KNOW: Sustainable Shades of Chocolate

The month of February is when we show appreciation for our loved ones through celebrating Valentine’s Day. Much of the time, we express this appreciation through gifts — one of the most popular being chocolate.

**Types of Chocolate**

- **Unsweetened Chocolate**: Also referred to as brute chocolate, this type is mainly used for cooking purposes. The cocoa liquor content is between 85 and 99 percent.

- **Dark Chocolate**: Also referred to as bittersweet chocolate, this type contains 35 to 84 percent cocoa liquor.

- **Semisweet Chocolate**: This type contains 15-34 percent cocoa liquor.

- **Milk Chocolate**: This type contains 10-15 percent cocoa liquor, the added milk or cream softening the flavor. Some manufacturers are now producing dark milk chocolate, which is milk chocolate with a higher cocoa liquor percentage.

- **White Chocolate**: Because it contains no cocoa liquor, white “chocolate” is technically not a type of chocolate; it contains at least 20 percent cocoa butter (the fat from the cocoa bean), sugar and milk.

**Vocabulary**

- **cacao tree**: tree that produces cocoa beans
- **cocoa bean**: seed of the cacao tree that has been removed from its leathery pod
- **cocoa nibs**: “meat” of the cocoa bean left when the shell is removed
- **chocolate liquor**: liquid chocolate produced by grinding cocoa nibs; the more there is, the less added sugar
- **cocoa butter**: fat extracted from cocoa beans and used to make chocolate

**CHOCOLATE: A BRIEF HISTORY**

Chocolate dates back to the Mayan civilization (900 AD) and its use as a ritual beverage in weddings, making it the first historical link between chocolate and romance.

Derived from the cocoa bean (its Latin name *Theobroma* literally meaning “food of the gods”), chocolate was a popular commodity throughout history. Spain had a monopoly on the European chocolate market in the 1500s, keeping the production methods a secret. In the mid-1600s, France gained control of the market, opening the first hot chocolate shop in England. By the 1700s, all of Europe was producing chocolate. The Industrial Era, in the late 1700s, made chocolate production faster and cheaper and shifted a sweet delicacy into something affordable for all.

Today, people around the world enjoy thousands of different forms of chocolate, consuming more than three million tons of cocoa beans each year.

**THE CHALLENGES**

Chocolate has a long journey to make before it reaches us. Cocoa beans, used to make chocolate, are grown and harvested on farms, and are then sent long distances to manufacturing companies that actually create the chocolate. This chocolate is then bought by retailers and ends with us, the customer, choosing from chocolate products on store shelves.

Not every product’s journey is the same in terms of supporting sustainability and a sustainable future, but there are options. This year, whether it be for Valentine’s Day or for any day, make your gift-giving even sweeter when shopping with a sustainably-minded focus and consideration of all facets of sustainability.

**ENVIRONMENTAL**

One challenge of chocolate production is maintaining soil fertility in areas where only cacao trees are grown. To keep up with demand, more fertile land (oftentimes rainforests, which are not well-suited for crop growth) is cleared to create more farmland. It is a difficult and delicate balance for cacao farmers to supply demand and ensure environmental stewardship.

Roughly 30-40 percent of the cocoa crop is lost each year to pests and disease, as even cacao trees grown in fertile soil are at risk.

**SOCIAL**

The communities that grow cocoa also face a challenging balance.

First, there are challenges in safe and equitable working conditions, as many of the workers develop illnesses after applying pesticides to crops.
In addition, cocoa communities struggle to retain their industries and workforce with a looming threat of emigration. Because these communities tend to lack employment diversity with jobs mainly focused on the cocoa industry, many residents relocate due to the lack of robust economic infrastructure and opportunities.

These increasing challenges are some of the many that come about in trying to supply demand.

As consumers, we have many choices to support companies that are dedicated to bringing sustainable chocolate to stores. It is their passion for sustainability that allows us to have more sustainable choices while shopping.

**ECONOMIC**
In rounding out chocolate’s journey in sustainability, limited financial resources (including the inability to earn a living wage), as well as access to relevant technology, limit cocoa farmers who aspire to improve their crop and farms.

**THE OPPORTUNITIES**
There are opportunities to support a more sustainable journey for chocolate.

**SOCIAL**
Consider products that are Fairtrade Certified (see right). Products with this certification ensure commitment to a living wage and improvement of workers’ quality of life through working conditions and equitable wages.

While many companies are developing more-sustainable approaches to their supply chain for chocolate, three chocolate companies stand out for their public commitment to have 100 percent of their cocoa come from certified and sustainable sources by 2020.

Those companies include Mars, Ferrero and Hershey. All of these companies believe in strengthening communities to produce honest, quality, chocolate products.

**ECONOMIC**
One of the best ways to support the efforts of sustainable chocolate companies is by buying their chocolate. When shoppers “vote with their dollar”, they send a message to companies about their preference for these products and how they are produced. When customers support products that are sustainable by purchasing them, companies and producers are further incentivized to keep supplying those products.

Customers can vote with their dollar at local stores, too. Worldly Goods, Wheatsfield Cooperative and Hy-Vee, are some local options that offer a variety of sustainable chocolates.

Re-thinking our chocolate spending habits can make a lasting impact on our shared planet, as well as on the many people involved in satisfying our sweet tooth.

**ENVIRONMENTAL**
Look for chocolate products that have the Rainforest Alliance Certified symbol on them. This symbol means the farmers are actively engaged in and committed to more sustainable farming practices.

In addition, identify companies that encourage cocoa farmers to use shade-grown farming tactics. Cacao trees grown in shady conditions provides habitat for birds, a natural predator of pests and is supplied additional cover against erosion.

**Inform Your Purchase**
10 percent of this company’s net profits are donated to help protect endangered animals.

PHOTO BY CAITLIN DEAVER

1. Support a chocolate company that is committed to sustainability
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge
Warm up during these cold winter months and celebrate this unique holiday throughout February by cooking your favorite soup and stew recipes. Whether you are passionate about cooking or just need a boost to your immune system, soups and stews offer opportunities to share. Homemade soups normally are made in large batches, making it an easy way to show loved ones that you care about them. Try out these tasty recipes below!

### CELEBRATE HOMEMADE SOUPS

#### PESTO BEAN SOUP

Serves: 6  |  Total Time: 23 mins.

**INGREDIENTS**
- 5 garlic cloves, sliced
- Red pepper flakes, pinch
- Olive oil (enough to cover skillet)
- 2 cans cannellini beans, drained
- 1 cup water
- 3 Tbsp. pesto
- 2 Tbsp. Parmesan cheese, grated
- 3 cups chicken broth
- 1 cup celery, chopped
- 1/2 cup olives, chopped
- 1/2 cup roasted peppers

**DIRECTIONS**
1. Saute garlic cloves and red pepper flakes in a skillet with olive oil.
2. Add cannellini beans and water; simmer until thick for about 8 minutes. Stir in pesto and Parmesan cheese.
3. Add chicken broth and celery; cook for 15 minutes. Stir in olives and the roasted peppers.

#### CHICKEN NOODLE SOUP

Serves: 4  |  Total Time: 25 mins.

**INGREDIENTS**
- 1 Tbsp. olive or vegetable oil
- 2 cloves garlic, finely chopped
- 8 medium green onions, sliced (1/2 cup)
- 2 medium carrots, chopped (1 cup)
- 2 cups chicken, cubed and cooked
- 5 1/4 cups chicken broth (from two 32-oz cartons)
- 1 tsp. parsley flakes
- 1/4 tsp. pepper
- 1 dried bay leaf

**DIRECTIONS**
1. In 3-quart saucepan, heat oil over medium heat. Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.
2. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender. Remove bay leaf.

#### EVERYDAY VEGGIE SOUP

Serves: 8  |  Total Time: 75 mins.

**INGREDIENTS**
- 2 Tbsp. olive oil
- 2 cups onions, chopped
- 1 cup celery, sliced
- 2 tsp. Italian seasoning
- Salt and pepper
- 3 cans reduced-sodium vegetable or chicken broth
- 1 can diced tomatoes, with juice
- 1 Tbsp. tomato paste
- 8 cups mixed fresh or frozen vegetables (such as carrots, corn, green beans, lima beans, peas and potatoes; cut larger vegetables into smaller pieces)

**DIRECTIONS**
1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.
3. Add vegetables to pot, and return to a simmer. Cook uncovered, until the vegetables are tender, 20 to 25 minutes. Season with salt and pepper as desired.

### LOOKING TO DISH UP WITH MORE?

Check out these delicious crockpot soup and stew recipes that are perfect for keeping warm this winter!

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**ALL ABOUT GARLIC**

Garlic is high in a sulfur compound called allicin, which offers many health benefits. Consumption can lead to: lower blood pressure, a prevention and reduction of common illnesses, as well as improved LDL “bad” cholesterol levels. It’s also full of antioxidants that protect against cell damage and aging.
GREEN-IT-YOURSELF
Express your passion for your loved (and adored) ones through gifting handmade gifts from the heart.

**SUPPLIES**
- Silicone molds of your favorite shape
- Citric acid
- Baking soda
- Cornstarch
- Shea or coconut butter
- Essential oil
- Witch hazel-filled spray bottle
- Container or jar

**INSTRUCTIONS**
1. Combine 1 cup of citric acid, 2 cups of baking soda and 2 tablespoons of cornstarch in a mixing bowl using a fork. Add in melted butter and the essential oil of your choosing.
2. Spray the mixture with witch hazel two to three times and then continue until the mixture sticks together when pressed together.
3. Press mixture into a silicone mold (heart-shaped or another favorite shape) tightly. If you are using the heart shaped mold, it makes about 24 bath bombs.
4. Allow to dry in molds for 12 hours. Remove from molds and allow to dry for an additional 24 hours to ensure it is hardened.
5. Package the bath bombs in a jar or container of your choice and surprise your friend, valentine or yourself with this relaxing treat.

**SUPPLIES**
- 1/2 cup coconut oil
- 1/4 cup grape seed oil
- 1.5 cups refined sugar or cane sugar (not white)
- 1 handful fresh strawberries (can be "ugly"), mashed
- 1 tbsp chia seeds
- 4 small containers (about 8 oz.) or 1 larger container (about 32 oz.)
- Whisk

**INSTRUCTIONS**
1. Check to see if coconut oil is solidified or liquid. If it is liquid, place in fridge for an hour. Once it is solidified, whip it with a whisk for a minute or two until creamy.
2. Add in grape seed oil and continue whipping.
3. Add in sugar, strawberries and chia seeds and mix well.
4. Pour the scrub into individual servings (makes 4) or into one large container. The scrub will keep in the fridge for a few days.
5. Gift this natural body scrub, or keep it and enjoy using it yourself.

**SUPPLIES**
- Paper (maps, wrapping paper, newspaper, etc.)
- Scissors
- Tape
- Pipe cleaners
- Glue

**INSTRUCTIONS**
1. Cut your paper into strips 2 to 3 inches wide.
2. Use your scissors to cut each strip into a fringe. A fringe can be made by making many small cuts along the longest edge of paper.
3. Roll each strip up and keep the ends from unraveling with tape.
4. Tape or glue a pipe cleaner to the center of the bud as the stem.
5. Now, take the fringes of the strip and pull them out to make the flower. You can curve the fringe by bending it using your finger.
6. Place the bouquet in a vase or jar to display or give it as a gift.

FOR MORE GIY
RE-THINK VALENTINE’S DAY

Share your passion with your friends and loved ones in a unique way this Valentine’s Day. Try a new twist on the classic ways to show you care and infuse considerations of social, economic and environmental sustainability into your Valentine’s Day.

TRADITIONS

OR

TWISTS

GO OUT TO DINNER
Treating an adored one to dinner is a great way to relax and enjoy each other’s company. Consider dining at a local restaurant that uses local ingredients to support local producers, businesses and your community. The Cafe is one local dining option that offers dishes with fresh and local ingredients.

VOLUNTEER AT A FOOD PANTRY
Volunteering is not only a great way to consider others on a day dedicated to showing how much we care, but it is also a fun and rewarding way to spend time with friends and loved ones. Consider volunteering at a food pantry or soup kitchen to ensure and support the well-being of members of your community.

GIFT A DOZEN STEMS
Gifting flowers has become one of many ways to show someone you care about them. Go the extra mile by looking for fair trade flowers, as they ensure the utmost consideration of working conditions. This website offers many options to purchase socially-sustainable flowers online. In addition, look for locally-grown flowers to support your local economy. Wheatsfield Cooperative is one local place you can find fair trade flowers.

DO A DOZEN ACTS OF KINDNESS
Pay it forward this Valentine’s Day by showing kindness to people in your community. Whether it is buying coffee for the person behind you, telling a friend you are thinking of them or helping a neighbor shovel snow, demonstrating kindness is something that is sure to put a smile on your face, as well as someone else’s.

BUY A THOUGHTFUL PRESENT
There are many ways to remain conscientious of sustainability when purchasing a Valentine’s Day gift. Consider shopping close to home. Not only are you likely to find a unique present, but you also will support your local community and reduce your environmental impact by walking or driving a shorter distance to your destination.

REPURPOSE SOMETHING TO GIFT
A handmade gift does not need to be expensive or challenging -- it truly is the thought that counts. An upcycled gift considers the environment by repurposing something you already own and saves money by not requiring an additional purchase. It can also be customized based on the preferences of the gift recipient. For more ideas, check out our Live Green! Pinterest page.

GIFT YOUR FAVORITE CHOCOLATES
Not all chocolates are the same. The origin of your chocolate and information about its ingredients and how it was produced offer the opportunity to not only make a tasty decision, but also one that encompasses all facets of sustainability. Learn about sustainable chocolate in this month’s “Now You Know” on page 8.

SHARE YOUR FAVORITE (YOU DECIDE!)
Show that special someone you are thinking of them by sharing a favorite book, movie, recipe or activity. Many “favorites” may not cost any money and are a great way to share something you enjoy with a loved one, while treasuring time spent together enjoying the activity.
Join Worldly Goods in their 30th anniversary celebration this year. Having been part of Main Street and the Ames community for the past 30 years, Worldly Goods has demonstrated a commitment to fair trade practices. Events celebrating the anniversary include showing a fair trade film, hosting a fair trade wine tasting and the second annual Reuse, Repurpose, Recycle Market. For more information about the events, visit the Worldly Goods website.

Work on the Des Moines Area Community College campus by promoting sustainability through educational initiatives, development of campus projects and social media outreach. Qualified candidates have a bachelor’s degree, interest in social justice and environmental issues, as well as knowledge of current software applications. DMACC is now accepting applications for the Sustainability Coordinator position online until the position is filled.

LEND A HAND AT THE Ames ECO FAIR
Volunteer for a two-hour shift at the City of Ames Eco Fair on Saturday, March 25, from 9 a.m. to 1 p.m. at the City Hall Community Center gym (515 Clark Ave, Ames, IA 50010). The Eco Fair offers opportunities for the community to learn more about energy saving products and services, as well as to talk to vendors and the City of Ames staff. Volunteers are needed to help with registration, refreshments, booths and cleanup, and will receive a free t-shirt to wear while volunteering. Those interested in volunteering can email Kristy Marnin at printern@city.ames.ia.us or call the City of Ames public relations office at 515-239-5204.

Volunteer at the City of Ames Eco Fair on Saturday, March 25, from 9 a.m. to 1 p.m. at the City Hall Community Center gym (515 Clark Ave, Ames, IA 50010). The Eco Fair offers opportunities for the community to learn more about energy saving products and services, as well as to talk to vendors and the City of Ames staff. Volunteers are needed to help with registration, refreshments, booths and cleanup, and will receive a free t-shirt to wear while volunteering. Those interested in volunteering can email Kristy Marnin at printern@city.ames.ia.us or call the City of Ames public relations office at 515-239-5204.

Learn to cook traditional dishes from other cultures, as Wheatsfield Cooperative offers courses in creating both Spanish and Indian traditional dishes. The first class, offered from 6:30-8:30 p.m. on Feb. 21, introduces biryani rice (a vegetarian Indian dish often reserved for special occasions) and a quick, traditional Indian bread to serve alongside the rice. The second class introduces paella (often thought to be Spain’s national dish), and will be from 6:30-8:30 p.m. on Feb. 23. Mark your calendar for other cooking and health classes Wheatsfield has to offer by visiting its upcoming classes webpage.

Showcase Reiman Gardens’ offerings, natural resources and environmental efforts at various home and garden shows this year. Reiman Gardens will be at the Des Moines home and garden show on Feb. 9-12, the Ames home and garden show on March 4-5, and the Iowa flower, lawn and garden show on March 17-19. Volunteers will help at the booths by passing out flyers and answering any questions alongside a Reiman Gardens staff member. If you are interested in this opportunity, contact volunteer coordinator Taylor Woodcock via email at rgvolunteer@iastate.edu or phone at 515-294-8225.

Attend the 29th annual Iowa Women in Natural Resources Conference on Feb. 17, from 10 a.m. to 3:30 p.m. at the Annett Nature Center in Indianola. The conference’s lectures will cover topics including recruitment, retention, engagement, collaboration and partnerships. Registration forms, available on the Iowa Women in Natural Resources website, can be emailed to lori.eberhard@dnr.iowa.gov.

Discuss healthy transportation in Ames at the Ames Bike Summit, co-sponsored by the Ames Bicycle Coalition and Healthiest Ames. The summit will take place at the Ames Public Library (515 Douglas Ave, Ames, IA 50010) on Friday, Feb. 17, from 12 - 5 p.m. Presentations by community members, the City of Ames and Mason City Blue Zones will be followed by a panel discussion and question and answer session.
FEBRUARY

06
DISCUSSION ON MENTAL HEALTH
Join ISU mental health experts in a panel discussion to raise mental health awareness and learn about support options available.
Sun Room, MU, 7 PM

UPCYCLED FELTED SCARF
Learn basic embroidery stitches and craft an upcycled scarf using colorful felted wool squares in this two-session workshop.
The Workspace, 7-9 PM

WINTER HIKE
Exercise outdoors by strolling through the snow. The hike is followed by snacks and beverages shared by participants.
West Peterson Park, 1:30-3:30 PM

09
FARM HOUSE MUSEUM OPEN HOUSE
Celebrate Thomas Edison’s birthday at the Farm House Museum by learning about and seeing the electric lightbulb, the phonograph and other inventions.
Farm House Museum, 1-4 PM

11
ORCHID FESTIVAL
Enjoy viewing and purchasing a variety of species and colors of exotic orchids hosted by the Central Iowa Orchid Society.
Farm House Museum, 1-4 PM

15
BLACK LIGHT BUTTERFLY ROOSTING
Enjoy a black light butterfly show and learn the science behind the patterns butterflies form when exposed to UV light.
Reiman Gardens, 5:40-6:40 PM

17
ECUADORIAN RESTAURANT DINNER
Join the International Students and Scholars Office in embracing traditional Ecuadorian cuisine during an evening in Des Moines. A bus will meet at the MU for transport.
Memorial Union, 5 PM

For sustainable events or highlight your events, contact the newsletter team!

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SPECIAL EVENTS
INDIAN COOKING CLASS
Learn to cook an Indian rice dish often shared on special occassions and a side of traditional Indian bread.
Wheatsfield Cooperative, 6:30-8:30 PM

SOCIAL JUSTICE SUMMIT
Participate in this day-long workshop that offers the opportunity to create strategies for implementing social change while engaging in discussion with other students on a variety of social justice issues.
Campanile Room, MU, 8:30 AM-2:30 PM

25
BEE HOTEL WALK-IN CRAFT
Craft a bee hotel to place in your backyard. Stop by any time, but allow an hour to complete the project.
The Workspace, 10 AM-4 PM

27
SYMPOSIUM ON SUSTAINABILITY
Join Colin Khoury, research scientist, in his discussion on the diversity of crops grown and eaten worldwide. This lecture is preceded by a poster display and reception from 7-8 PM in the Sun Room next door.
Great Hall, MU, 8 PM

28
SUSTAINAPALOOZA
Learn and practice sustainable living skills from campus and community experts in upcycling, wellness in nutrition and green cleaning. Enjoy local food refreshments and pledge to create a more sustainable world. A clothing swap will also take place in the Oak Room throughout the entirety of the event.
Great Hall, MU, 5-8 PM

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04
MUSHROOM GROWING WORKSHOP
Cultivate your own mushroom, learn how to care for it and learn more about fungus in this hands-on workshop.
McFarland Park, 2-4 PM

AMES HOME AND GARDEN SHOW
Gain knowledge and advice in home improvement, see the variety of product offerings and be inspired.
Hansen Ag Learning Center, 10 AM-5 PM