

# LIVE GREEN! MONTHLY

**"LAND IS NOT  
MERELY SOIL. IT IS  
A FOUNTAIN OF  
ENERGY FLOWING  
THROUGH A CIRCUIT  
OF SOILS, PLANTS  
AND ANIMALS. "**

**- ALDO LEOPOLD**

**ISU STUDENTS  
STRIVING FOR  
SUSTAINABLE  
LANDSCAPES**

**PROTECTING AND  
RESTORING LIFE  
ON LAND**

**SIX WAYS  
TO GROUND  
YOURSELF THIS  
MONTH**

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IOWA STATE UNIVERSITY

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Living Cardinal, Gold and GREEN!

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Photo by Paige Anson

### THANKS FOR A GREAT, GREEN YEAR!

A virtual semester is winding down at Iowa State University. With the final month of the 2019-2020 academic year ahead, the Live Green! Team wishes the best to all ISU community members as we wrap up a semester unlike any we have had before.

Our team also extends thanks to everyone for their contributions in ensuring a more socially, economically and environmentally "green" year at ISU (see sustainable semester highlights on [page 4](#)).

We also would like to thank our extraordinary graduating team members (featured on [page 18](#)) for their unique contributions in progressing the Live Green! Initiative's mission to educate, engage and empower students, faculty and staff in sustainability.



### CONGRATS, TONI!

Toni Sleugh, a junior studying biology and environmental studies and the 2018-2019 Student Government Director of Sustainability at Iowa State University, was named a 2020 Udall Scholar. She is Iowa State's 13th Udall Scholar since 1997.

### Follow Us!



This issue's cover image represents our ability to connect with our food systems that sustain us and comes from [Good Earth Student Farm's Facebook page](#).



# DIRECTOR'S MESSAGE

It's definitely not what we envisioned when we all joined together in August; however, these last few months have exuded creativity, compassion, ingenuity, collaboration and leadership through initiatives, virtual connection, partnerships and individual perseverance that add a whole new consideration and understanding of what it means to be a Cyclone. In these last few months, we have: ensured student (virtual) engagement; employed energy-savings settings and processes; established a temporary food pantry; offered assistance to small businesses, agriculture producers and distributors and consumers and provided time, tools and expertise toward COVID-19 treatment and prevention. Indeed, Cyclone Strong!

In our last issue of Live Green! Monthly, we honor a spring semester that was nothing short of impressive – highlighting student engagement, research initiatives and campus commitment. We also wrap-up our year of focus on the United Nations Sustainable Development Goals, finishing with Goal 15, Life on Land (page 8) in this issue's theme of "Landing Green." From highlighting student organizations committed to ensuring healthy relationships with and for the land to individual and group opportunities to cultivate our personal connection and grounding to this land we depend upon every day.

Life is a delicate balance, as we have so vividly witnessed in these last few months. It is made up of millions upon billions of pieces moving in precise, dedicated and simultaneous cadence. And while the cadence may slow or quicken, crescendo or decrescendo or take on a completely new rhythm, the same consideration to precision and dedication is necessary. These pieces of life, make up the components of our future. The focus given to life determines the future we leave for ourselves and the generations yet to arrive. Collectively, individual by individual we have within us the difference we want to see in the world and leave for the future.

What an honor to "green" with you this past year. Each year I gain new inspiration through your vision, deepened gratitude through your enthusiasm and invigorated momentum through your perseverance. Thank you.

Wishing you a summer that grounds you in your cadence of life. For all who are graduating or moving to new adventures beyond Iowa State, all the very best in your new journeys. For all returning, the Live Green! Team anxiously awaits "greening" with you in 2020-2021!

Yours in green-ness,



Photo by Krishnaun Burns

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

The Live Green! Monthly 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 sustainability.

I am so excited to introduce the new Student Government Director of Sustainability for the 2020-21 school year, Jennifer Seth! Jennifer is a junior majoring in Environmental Science and has served Iowa State sustainability in numerous roles, such as: being the Co-President of Climate Reality, Education Chair of Environmental Science Club and serving on the Student Government Sustainability Committee with me last school year. Jennifer wants to connect students interested in sustainability with resources to do projects. I am excited to pass on this position to someone who is as passionate of a sustainability leader as Jennifer!



## JENNIFER SETH

Junior, Environmental Science

"I am so excited to be Director of Sustainability for the upcoming year! I look forward to getting to collaborate with my fellow students on sustainability projects on campus to help make ISU more sustainable! Even though ISU has made great strides with regards to sustainability, there is still a lot that we can improve upon!"

Email Jen with ideas or questions, [jbseth@iastate.edu](mailto:jbseth@iastate.edu)  
Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).

## INCOMING DIRECTOR



Photo courtesy of Jen Seth.

## DIRECTOR'S UPDATE



Photo courtesy of Izzy Wilde

**IZZY WILDE** is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a senior majoring in Spanish and community and regional planning.

# SUSTAINABLE SPRING HIGHLIGHTS

## SUSTAINABLE ACHIEVEMENTS OF THE SPRING SEMESTER

### STUDENT ENGAGEMENT



#### Land O'Lakes Interns

Out of a pool of students from 11 universities, Iowa State students Rachel Grober and Brooke Beinhart were selected for the competitive Land O'Lakes Emerging Leaders Program. The program lasts for 12 weeks and allows Emerging Leaders to work with mentors to develop an agricultural business project for Purina, WinField United, Dairy Foods or Land O'Lakes SUSTAIN.

In celebration of the centennial of Iowa state parks, twenty artists created artwork for the "20 Artists, 20 Parks" traveling exhibition. The exhibit opened in March in Des Moines and will visit Dubuque, Clarinda and Sioux City, concluding May 9, 2021. The show includes paintings, sculptures, textiles, photos, videos and other art forms that capture the sight and sound of Iowa landscape.



#### State Parks Exhibit



#### Black History Month Fashion Show

Curated by graduate student Dyese Matthew, "Collegiate Fashion and Activism: Black Women's Style on the College Campus" showed how black women identify their culture and activism at a predominately white institution through fashion. The exhibit featured seven categories: Messages of Strength, '90s Throwback, Matriarch, Self-Created Expression, Pride in Skin Tone, Cause Solidarity and Connection to Roots.

A team of Iowa State students working in the Computation and Construction Lab collaborated with Alliant Energy to produce up to 2,000 face shields for Iowa Hospitals. This was accomplished through working in rotating shifts, along a "socially-distanced" assembly line, to 3D-print the top and bottom segments of face shields and add a clear plastic cover and elastic band.



#### 3D-Printed Masks

### RESEARCH INITIATIVES



A study by Iowa State Ph.D. student Lin Meng and Associate Professor Yuyu Zhou found that trees and vegetation in urban areas turn green earlier but are less sensitive to temperature change than vegetation in surrounding regions. This knowledge resulted from studying 85 satellite images of large cities from 2001 to 2004. According to Meng, these findings provide insight on the effect of a warming climate on vegetation in all environments.

Iowa State created seed grants, through funding allocated by the Iowa Legislature, focused on encouraging and facilitating industry-university collaborations for bioscience projects. From this funding, four projects biobased products projects were awarded and two projects supporting vaccines and immunotherapeutics.



#### Bioscience Research

Copy and layout by Krishnaun Burns



## COVID-19 Testing



In an effort to expand COVID-19 testing capacity and expedite test results, Iowa State University's Veterinary Diagnostic Laboratory collaborated with the State Hygienic Laboratory at the University of Iowa. The vet lab shared its extraction techniques, instrumentation and the reagents needed for analysis, resulting in the hygienic lab's ability to run more tests simultaneously.

Researchers from Iowa State University, the University of Iowa and University of Wisconsin - Madison partnered together to develop and test better ways to fight the flu, as part of the Iowa State University Nanovaccine Institutes's new initiative to bring researchers together to improve public health. This is only one collaboration between the almost 70 researchers, brought together from 19 institutions, who have collectively secured more than \$30 million in grant funding.



## Nanovaccine Institute

## CAMPUS COMMITMENT

### University Sustainability Committee

President Wintersteen established a new university committee to improve sustainability at Iowa State University. The committee is charged with developing a set of actionable recommendations that will increase energy efficiency, energy conservation and use of renewable energy with the goal of moving Iowa State toward carbon neutrality.

Iowa State students on CyRide's orange route were greeted by a blue bus in early March as part of a demo run of electric buses at Iowa State University. In support of CyRide's goal to implement zero-emission buses into their fleet by 2022, through Low-No Emission National Grant funding received in 2019, the successful demo is one step closer as CyRide prepares to purchase its first two fully-electric buses.



## Electric CyRide Buses

## Land Acknowledgment



Iowa State University developed an official land acknowledgment honoring the indigenous peoples who inhabited the land area that makes up the ISU campus. The acknowledgment, developed by Iowa State, in collaboration with Sebastian Braun, director of American Indian Studies, was approved and posted Feb. 18.

Iowa State Student Wellness created a website page to provide resources and strategies for students to keep community, stay informed and be well as they practice social distancing during online classes at Iowa State. In addition to student resources, they webpage also provides resources for faculty and staff, including Adventure2.



## COVID-19 Wellness Resources

# FAREWELL TO OUR LIVE GREEN! SENIORS

We are wishing our Live Green! seniors a fond goodbye and tons of well-wishes on their post-graduate journey. We have watched them blossom as individuals and teammates, and look forward to seeing their future accomplishments!

**PAIGE ANSON**

DES MOINES, IA

YEARS AT LIVE GREEN!:  
2 YEARS

**KRISHAUN BURNS**

DETROIT, MI

YEARS AT LIVE GREEN!:  
2 YEARS

**KELSEY CULBERTSON**

CLIVE, IA

YEARS AT LIVE GREEN!:  
1 YEAR

**RJ GREEN**

UNDERWOOD, IA

YEARS AT LIVE GREEN!:  
3 YEARS

**SCOTT NEMEC**

TINLEY PARK, IL

YEARS AT LIVE GREEN!:  
3 YEARS

**MAJOR:**  
JOURNALISM AND ENVIRONMENTAL STUDIES

MARKETING AND COMMUNICATIONS INTERN

**MAJOR:**  
PUBLIC RELATIONS  
**MINOR:**  
EVENT MANAGEMENT

MARKETING AND COMMUNICATIONS INTERN

**MAJOR:**  
ENVIRONMENTAL SCIENCE  
**MINOR:**  
POLITICAL SCIENCE

CAMPUS AND COMMUNITY ENGAGEMENT INTERN

**MAJOR:**  
BIOLOGY AND SUSTAINABILITY

STRATEGIC PLANNING INTERN

**MAJOR:**  
MARKETING AND ENVIRONMENTAL STUDIES

SMART BUSINESS CHALLENGE INTERN



## WHAT'S NEXT AFTER GRADUATION?

"Finding a full-time communications position that allows me to promote sustainable living."

"Securing a full-time position in civic/social advocacy to leverage my communications and design skills in."

"I would love to find a full-time position involving sustainability and helping those in my community!"

"Staying at Iowa State University to get a master's degree in science education."

"I will be staying in Ames and working at the Renewable Energy Group as a marketing analyst."

## HOW WILL YOU CONTINUING "GREENING" AFTER GRADUATION?

"I will continue to learn about my social, economic and environmental impacts and about opportunities for me to create positive impacts."

"I will use my experience and passion to help marginalized communities incorporate sustainability into their lifestyles."

"I plan to look for a career that allows me to be passionate about what I'm doing, but also lets me fight for a sustainable planet! "

"I want to continue inspiring others to join me in working and advocating for a sustainable future."

"I plan on bringing the skills I learned in sustainability into my future career in business."

## WHAT IS YOUR FAVORITE "GREEN" MEMORY AT IOWA STATE UNIVERSITY?

"Attending the 2019 AASHE conference in Spokane, WA and all of Live Green!'s events are my favorite memories!"

"Going to the Association for the Advancement of Sustainability in Higher Education Conference in Spokane, WA!"

"Working hard and seeing Sustainapalooza turn out wonderfully this year!"

"Rummage Rampage!"

"Seeing the growth in Live Green! events across the board. It has been amazing to watch it grow and improve my experience with Live Green."

Copy and layout by Krishaun Burns

# A YEAR OF **CARDINAL, GOLD & GREEN**

## 2019-2020 INITIATIVES OF THE LIVE GREEN! TEAM

Enjoy a look back at the many ways Live Green! Team members educated, engaged and empowered the campus and community in sustainability throughout the 2019-2020 academic year.



Photos courtesy of the Live Green! Team  
Copy and layout by Paige Anson

# NOW YOU KNOW

## SUSTAINING LIFE ON LAND TOWARD A SUSTAINABLE FUTURE

15 LIFE ON LAND



The key to a flourishing ecosystem is sustainably using what it offers. This truth follows whether the discussion is about freshwater, sea, grassland, forest or desert ecosystems.

In the March issue of Live Green! Monthly, United Nations Sustainable Development Goals 6 and 14 were discussed, or the preservation of life and ecosystems underwater. This month, Sustainable Development Goal 15, Life on Land, is highlighted and explored – focused on protecting and restoring land-based ecosystems within three target considerations: deforestation, desertification and biodiversity.

### FORESTS

Forests play a critical and crucial role in ensuring and sustaining life on land.

Covering 30.7% of the Earth's surfaces, forests provide food and water security, give shelter to 80% of all land-based animals, plants and insects, protect biodiversity and the homes of indigenous populations and play a role in mitigating climate change.

In addition, forests ensure the accommodation of 1.6 billion people, or 25% of the world's population, with resources for

their livelihoods, including 70 million indigenous people, according to the Food and Agriculture Organization of the United Nations.

With all the life sustaining necessities forests provide, they face an increasingly threatened status.

According to the World Bank, between 1990 and 2016, the world lost 502,000 square miles of forest, the equivalent of 1,000 football fields per hour. Currently, per The World Count, forest loss is more than tripling this rate at an average of 28 million hectares per year, or one football field per second.

According to the Earth Observatory at NASA, there is not one single direct cause for deforestation. Infrastructure expansion, wood extraction and agricultural expansion for subsistence farming all contribute, with the latter have the most direct impact, specifically in connection to tropical deforestation.

Because these commodities impact and support the livelihoods for many people and populations, it is vital to sustain and expand opportunities to preserve them while still protecting the forest ecosystem.

Without protection, the consequences are great. In addition to life and livelihoods, connected to land, being threatened due to decreasing forest resources, an additional and substantial consequence is desertification.

### DESERTIFICATION

The United Nations calls desertification one of the world's most threatening ecosystem changes, affecting one fifth of the world's population in more than 100 countries.

Desertification is a direct result of deforestation occurring, as trees, whose roots anchor soil in place, are removed

— resulting in soil and nutrients erosion, eventually turning arable land (suitable for growing crops) into desert.

According to the United Nations, drought and desertification cause 12 million hectares of land to be lost annually, at a rapidly accelerating pace nearly 30 to 35 times historical rate. This prevents 20 million tons of grain from being grown every year and moderately or severely affects 52% of land that 2.6 billion people around the world depend on for agricultural processes.

Desertification also plays a role in urbanization and poverty.

When dryland areas – which is home to 2.1 billion, or one in three, people around the



world – are exploited through overgrazing and overdrifting of groundwater, mass migrations to urban areas occur. (Read more about the relationship between urbanization and poverty in the February 2020 issue of Live Green! Monthly.)

As well as the devastation caused through loss of land function and livelihoods reliant on land, reduction of biodiversity is a direct effect of deforestation and desertification.



## BIODIVERSITY

Hosting 80% of life on land, when forests are lost through deforestation and eventually desertification, biodiversity, or the variety of life on Earth, from genes to ecosystems, is critically impacted.

According to the United Nations, this results in up to one million of the eight million plant and animal species on Earth being at risk of going extinct within decades.

In addition, the Red List Index, an online database that tracks more than 20,000 species of mammals, birds, amphibians, corals and cycads, has also noted the risk of species extinction has intensified by almost 10% over the last 25 years.



Deforestation and desertification are not the only factors in biodiversity loss. Other human factors, including illicit poaching, wildlife trafficking, introduction of invasive species, and population growth, have also played a role.

To illustrate:

- The United Nations notes almost 7,000 species of animals and plants have been reported in illegal trade spanning 120 countries;

Photos courtesy of Merry Rankin and Nandhu Kumar

- Invasive species introduced to islands are the top cause of native plants and animals extinction, per the International Union for Conservation of Nature; and
- According to Population Action, the increased demand for goods and services to meet the needs of a growing population exerts more pressure on ecosystems and their components, deteriorating the biodiversity in an area.

## MOVING FORWARD

Because of the collective reliance on Life on Land, by the global community, Goal 15 is crucial to a sustainable future.

The way forward starts on a governmental level with sustainable forest management. The Convention on Biological Diversity estimates \$150-\$440 billion per year is required to halt the loss of biodiversity at a global level by the middle of this century.

Eleven countries in Sahel-Saharan Africa have begun combating the effects of desertification through their initiative called the Great Green Wall.

Momentum continues with nonprofit organizations, such as Cool Earth, Rainforest National Alliance, Amazon Watch and Forest Stewardship Council, all focused on responsible forest management.

Individual contributions, as groups or independently, are also significant in moving forward. Contributions can range from donations to supporting the work of non-profit organizations to volunteering to support life on land initiatives (such as planting trees) to choosing sustainable options and behaviors (such as going paperless or buying recycled content).

For more ways to contribute to ending deforestation, desertification and loss of biodiversity, visit The World Counts website and World Wide Fund for Nature website.



The collective impact of these 17 Sustainable Development Goals, put front and center by the United Nations, provides us all with a roadmap (as individuals, members of organizations and citizens of countries) toward achieving sustainable development, and ensuring a sustainable future for all populations of species that share Earth. The challenge is ours and the result rests in us.

For a recap of Live Green! Monthly coverage, throughout the 2019-2020 academic year, of the United Nations Sustainable Development Goals, click on the months listed in the graphic below.



**OCTOBER**  
Innovate Green | Goals 7, 8 and 9

**NOVEMBER**  
November | Goals 1 and 2

**DECEMBER/JANUARY**  
Elevating Green | Goals 3 and 11

**FEBRUARY**  
Uniting Green | Goals 5, 10 and 16

**MARCH**  
Hydrating Green | Goals 6 and 14

**APRIL**  
Envisioning Green | Goals 4, 12 and 13

# STUDENTS LIVING **CARDINAL, GOLD & GREEN** STRIVING FOR SUSTAINABLE LANDSCAPES

Plants, animals, goods, homes, energy, air quality, water purity, recreation, exploration.

All facets of life depend on healthy land and the completion of the United Nation's Sustainable Development Goal 15, "Life on Land."

The target of this goal, to take care of the land that takes care of people, has been progressing through the missions of organizations throughout the world, including two student organizations at Iowa State University.

The International Association of Students of Agriculture and Related Sciences at Iowa State University and the Landscape Club at Iowa State University are providing Cyclones opportunities to support and further the vision of Goal 15, through unique consideration and approaches to sustainable land use.

## **International Association of Students in Agriculture and Related Sciences**

The International Association of Students in Agriculture and Related Sciences at Iowa State is a chapter of the international non-profit student society of the same name.

The mission of the organization, according to Iowa State University's chapter president, Audrey Jenkins, is to connect students interested in sustainable agriculture and land use.

The organization brings together students during biweekly meetings that offer members opportunities to meet with farming professionals and to discuss sustainable agriculture practices.

The club also gives members the chance to take semesterly field trips to local businesses and farms promoting healthy land

## **Audrey Jenkins** CLUB PRESIDENT

*International Association of Students In Agriculture and Related Sciences at Iowa State University.*

*Get in touch with the organization by reaching out to executive members like Audrey. Find their contact information on the club's [website](#).*

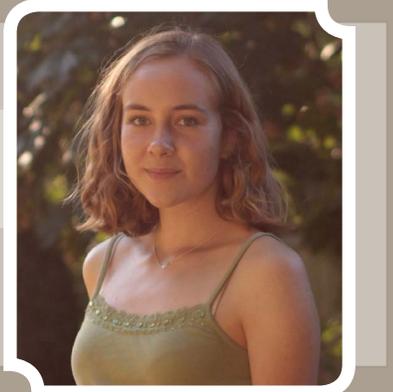


Photo courtesy Audrey Jenkins  
In meetings and on trips, members also discuss and prioritize lifestyle habits that support land quality.

through soil, water and land conservation practices.

Members also connect with other chapters during seminars, meetings and the organization's Annual Congress event that takes place every July.

"[The Annual Congress and overall organization foster] this cultural exchange of knowledge and of agriculture among youth around the world," Jenkins said.

A topic addressed in all chapter meetings is the improvement of agricultural production through sustainable land use.

"We want to be able to keep feeding the world," Jenkins summarized.

Farming practices that club members promote for sustaining the current and future health of farmable land include: farming with an emphasis on returning nutrients to soil and avoiding decisions that promote immediate profits over lasting profits, Jenkins said.

A few emphasized habits include reducing food waste and purchasing goods from local farmers. Both, Jenkins noted, reduce wasteful use of resources in growing and transporting food and promote a longevity of available resources.

"Anybody can make a positive impact [in maintaining healthy lands and resources at any time]," Jenkins encouraged.

Since the COVID-19 pandemic canceled in-person classes and club meetings in mid-March, the chapter has continued to promote sustainable land use through virtual meetings and resources.

"One of our executive team members made a list of books and videos and podcasts about international agriculture to share with members ... Now is a great time to read the books on our lists and to watch documentaries," Jenkins said.

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Photo courtesy of the International Association of Students In Agriculture and Related Sciences

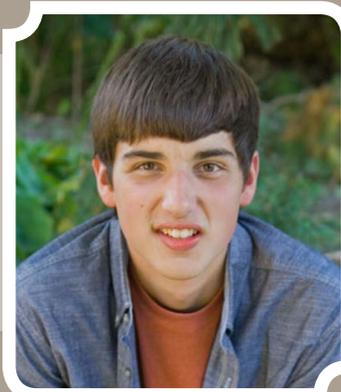


Photo courtesy Calvin Mackin

Along with learning about the importance of sustainable land-use, reducing food waste and buying food locally, Jenkins said there are other habits that people can practice to sustain life on land.

Driving less, crop rotation, using less water and electricity and using less wasteful materials (like plastic) are a few habits Jenkins described.

### The Landscape Club

The Landscape Club at Iowa State University supports sustainable land use as the club educates students and community members in sustainable landscaping.

**Connor Evers**  
CLUB PRESIDENT

**Calvin Mackin**  
VICE PRESIDENT

### The Landscape Club at Iowa State University

*Get in touch with the organization by reaching out to executive members like Connor and Calvin. Find their contact information on the club's [website](#).*

"A sustainable landscape is a diverse landscape with a lot of functionality. As far as ecosystem services go, the landscape will serve a purpose alongside looking beautiful: capturing air pollution, reducing energy costs, reducing storm water runoff and helping prevent floods," the club's president, Connor Evers, said.

The club meets three to four times a semester and provides students interested in landscaping opportunities to connect with one another, industry professionals and hands-on design experience. The club's two faculty advisers, who practiced professional landscaping, also add exceptional networking and learning opportunities to members, Evers said.

Once a semester, the club offers one-hour landscaping consulting sessions to Boone and Ames residents.



Photo courtesy of the Landscape Club

Funds raised by donations during sessions are used to sponsor members going to a national landscaping competition.

"The sponsorships help club members attend the National Collegiate Landscape Competition. It takes place during spring break every year ... It is a huge event where we compete with colleges across the nation and expand our knowledge of landscaping. It also is a huge career fair," Evers said.

Due to the coronavirus outbreak this spring, this year's competition was canceled. However, networking opportunities



Photo courtesy Connor Evers were still available to members at a virtual event.

Despite the changes, the club's Vice President Calvin Mackin felt that the networking component was very effective, he said.

For those interested in learning more about sustainable landscaping, options abound, Mackin and Evers said.

"No matter your major or interest, the landscape club is a great place to learn," Mackin said.

The Iowa Department of Natural Resource's website and Morton Arboretum website are also useful resources for anyone looking to learn more about the benefits of using particular native species and trees for landscaping.

Acting mindfully and implementing sustainable land-use practices are powerful ways that anyone can join these student-driven initiatives in ensuring a more sustainable future with healthy lands.



Photo courtesy of the Landscape Club

# GET GROWING THIS SUMMER

## GARDEN, EAT AND BREATHE IN GREEN

From growing food to cleaning breathing spaces, the power of plants is astounding. Get your green (thumb) on this summer with these gardening ideas and resources.

### EASY-TO-GROW INDOOR HERBS

Harvest fresh herbs from your own herb garden this summer. Tips for growing herbs indoors or outdoors include:

#### LIGHT PLACEMENT

**In Bright Light:** Tropical or semi-tropical herbs like rosemary, thyme, basil, bay leaves and oregano thrive in bright light, which is best in south-facing windows.

#### SOIL & WATERING TIPS

**Well-Draining Soil:** Most herbs do well in regular potting mixes. Rosemary, thyme, oregano and bay leaves do better in blends of looser soils: equal parts cactus mix and regular potting soil usually works well. Let soil dry between waterings.

#### CONTAINER & FOOD

**Container With Drainage holes:** All herbs need to be planted in well-draining containers. **Feed plants once or twice a month:** Liquid fertilizers can be given once or twice a month to herbs (check fertilizer label for guidance on how to apply the fertilizer).

Learn more about herb gardening on the [Gardeners Supply Company website](#).

### RESOURCES FOR A GREENER START

1. Read about practices that can benefit different indoor and outdoor container crops on [The Old Farmer's Almanac website](#). For example, tomato crops often benefit from having stakes to grow up.
2. Explore land grant university extension gardening websites, like [Iowa State University's Extension and Outreach News website](#) for gardening tips and tricks.
3. Search the [online USDA National Agriculture Library](#) for tips and tricks for growing productive and healthy edible plants in containers or in the ground.

### EASY-TO-GROW HOUSEPLANTS

Spruce up any room and start a fun, green new hobby with these easy-to-grow houseplants.

#### SPIDER PLANT

*CHLOROPHYTUM COMOSUM*

This plant can glam up a room from a basket or a pot and enjoys medium light and consistently damp soil. When mature, it grows 'offsets' that can be potted as baby plants.



#### GOLDEN POTHOS

*EPIPREMNUN PINNATUM*

In nature, this plant can swallow trees with its fast-growing vining foliage. In a home, it will thrive in medium light and in soil that mostly dries between waterings.



#### SNAKE PLANT

*SANSEVIERIA CYLINDRICA*

Sansevieria plant varieties are vast and many are durable. This low light and low moisture plant is very hardy and makes for a great office plant.



#### LEARN MORE

Learn other easy-to-grow houseplants on [The Spruce website](#) and discover how to grow, or "propagate," new plants from cuttings on [Gardenista.com](#) or through the [ISU extension website](#).



### SUSTAINABILITY THROUGH HOME HORTICULTURE

#### DEFINED

Hortus is Latin for *garden* and culture is Latin for *cultivate*. Horticulture is the art and practice of taking care of plants. Anyone growing plants practices horticulture.

#### CLEAN AIR

Indoor plants not only filter CO2 out of the air and replace it with oxygen, they scrub the air of chemical carcinogens like formaldehyde and benzene, according to a [1989 study by NASA](#). The study also found the best air purifying plants were those with more leaves and bigger foliage.

#### REDUCE STRESS

Make any green time "me time." Gardening to reduce anxiety or stress, or practicing "horticulture therapy," can help keep your mind and body busy. Learn more on the [Iowa State University Hort News Extension website](#).

#### SAVE MONEY

Growing veggies at home can help a household save on grocery money. Tips for growing vegetables that can save the most money include: growing veggie favorites, growing varieties that are expensive to buy in stores and learning gardening basics that will help with promoting bountiful yields. Learn more by reading online "Can a Vegetable Garden Save You Money?" on the [Iowa State University Hort News Extension website](#).

Copy and layout by Paige Anson

## BASIC GARDENING TIPS

Every plant's needs are unique. Time, practice and research will help you determine which variables will help different plants thrive. General tips for a "green thumb" for most container-bound plants are below.

### WATERING

#### Finger Test

*When to Water:*  
Stick a finger in soil of a potted plant. If it is dry about 1 inch down, or dry near the roots, then water the plant on all sides thoroughly; until water drips out of drainage holes.

#### Over-watering:

##### Symptoms:

- Browning or Yellowing Leaves
- Molding Soil

##### Solutions:

- Let soil dry and water less often.
- Repot into dry soil and water less often.

#### Green Water

Turn "grey" waste water into "green" water for plants. Water plants with drained pasta water and other "excess" water from cooking.

### FERTILIZER

#### When to Fertilize

*Fertilize when plants are growing.* In the spring, summer and fall, every 2 weeks is a good rule of thumb. Do not fertilize much if at all in the winter months if plants appear to have gone dormant.

#### Granular Fertilizer

A slow-releasing fertilizer that runs through plants every watering.

#### Liquid Fertilizer

A quick-releasing fertilizer to include with each watering

#### Amounts

Research plant requirements and read the fertilizer bottle for recommendations. As a general rule, less is better when applying fertilizer. Over fertilizing can burn plant leaves or stunt growth. Learn more tips on [Iowa State University's Extension and Outreach website](#).

### SOIL

#### Best Soil for Houseplants

Most houseplants enjoy a well-draining soil that does not hold too much water. Most potting mixes have the perfect blend of soil components for a well-draining soil.

#### Soil Types

Although most houseplants enjoy a general soil mix, some plants need soils that hold less or more water. For example, cacti need a special mix of more sandy soil that holds very little water. Learn about different potting mixes on ["The Sill" website](#).

#### Make A Soil Mix

Many commercial potting mixes use ingredients like perlite (to aerate soil) and vermiculite (to hold soil moisture and nutrients) to create the perfect "loamy" soil. Explore making potting mixes on the [Penn State Extension website](#).

### MAINTENANCE

#### Water & Fertilize

Just like people and animals, plants need water to drink and food to eat. Do not forget to water and fertilize them.

#### Cleaning Up

Removing dead foliage is a great way to reduce a plant's susceptibility to disease.

#### Repotting

Most plants benefit from repotting every other year. Roots sticking out of a pot's drainage holes is a sure sign it is time to repot.

#### Repotting Tips

Choose a container that is 2-3 times larger in diameter than the current container. Gently loosen the plant from its old container. Squeezing the pots sides or using a butter knife can help. Fill the new container 1/3 way with soil. Add plant and fill in soil on sides, leave top 1/2 inch of container without soil.

## PESTS & DISEASE

### PESTS

Common houseplant pests:

- Mealy Bugs
- Scale
- Aphids
- Fungus Gnats

Learn more on [thespruce.com](https://www.thespruce.com).

#### Control Methods

- Wipe off insects and rinse plants in the shower or with soapy water.
- Set out glasses of soapy water to attract and kill fungus gnats.

### DISEASE

Common houseplant diseases:

- Root and Stem Rot
- Nutrient Deficiency
- Powdery Mildew
- Grey Mold (Botrytis)

Learn more on Penn State's [Extension website](#).

#### Control Methods

- Avoid over watering.
- Remove infected plants and plant parts.
- Cut out infected roots, then repot plant using new potting mix and a clean pot.

#### FUNGUS GNAT



#### MEALY BUGS



#### SCALE



#### POWDERY MILDEW



#### ROOT ROT



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# MONTHLY CHALLENGE

## DISCOVER AND REDISCOVER CONNECTIONS TO THE EARTH

Every day, we have the opportunity to choose actions that contribute to a sustainable future. This month, challenge yourself to a couple of rounds of *LANDING GREEN BINGO* and discover and rediscover your personal connection to life on land, the planet and a sustainable future.

<p><b>Prepare a seasonal meal</b></p> <p><i>(Explore new tasty jar treats from Farmers Market food on <a href="#">page 17</a>.)</i></p>	<p><b>Listen to the nature</b></p> <p><i>(Listening to the sound of music helps you relax and sleep better. Learn more benefits on the <a href="#">Ontario Parks website</a>.)</i></p>	<p><b>Pick up litter during a walk or hike</b></p> <p><i>(Learn 10 reasons to pick up litter on <a href="#">Plastic Pollution Coalition website</a>.)</i></p>	<p><b>Learn more about state and city native plants and animals</b></p> <p><i>(Use the <a href="#">Native Plant Finder website</a> to explore different native plants and butterflies in your zip code.)</i></p>	<p><b>Make a bird feeder</b></p> <p><i>(Learn how to make an easy bird feeder (so easy, kids can do it!) on <a href="#">The Spruce Crafts website</a>.)</i></p>
<p><b>Take a virtual trip to a National Park</b></p> <p><i>(Get up close with nature in national parks across the country on the <a href="#">National Parks website</a>.)</i></p>	<p><b>Take a shorter shower</b></p> <p><i>(Save 12.5 gallons of water by cutting your shower in half. Learn five ways to take a shorter shower on <a href="#">Tom's of Maine website</a>.)</i></p>	<p><b>Add a plant to your living space</b></p> <p><i>(Find the most suitable plants for your lifestyle on <a href="#">page 12</a>.)</i></p>	<p><b>Have a picnic</b></p> <p><i>(Host a sustainable picnic, using tips on <a href="#">Greenvelope</a>.)</i></p>	<p><b>Go for a 15 minute walk daily</b></p> <p><i>(Find 14 reasons to walk on <a href="#">The Healthy website</a>.)</i></p>
<p><b>Compost</b></p> <p><i>(Learn how to compost at home, whether it's backyard or indoor, on the <a href="#">Environmental Protection Agency's website</a>.)</i></p>	<p><b>Turn the lights off in an empty room</b></p> <p><i>(Learn when to turn off lights based on light bulb type on the <a href="#">Energy Saver website</a>.)</i></p>	<p>Free</p>		<p><b>Go for a bike ride</b></p> <p><i>(Explore the benefits of biking very day on the <a href="#">Bicycling website</a>.)</i></p>
<p><b>Support a local shop or restaurant</b></p> <p><i>(Check out current accommodations for local restaurants, retailers and general businesses on <a href="#">Ames Chamber website</a>.)</i></p>	<p><b>End junk mail</b></p> <p><i>(Stop junk mail using the information on the <a href="#">Ecocycle website</a>.)</i></p>	<p><b>Share a picture of you #LandingGreen on Instagram and tag @isu_livegreen</b></p>	<p><b>Unplug from technology</b></p> <p><i>(Digital detox using 16 tips from <a href="#">Author Unlimited</a>.)</i></p>	<p><b>Go on a bug hunt</b></p> <p><i>(Choose an app for your bug search, using the list on <a href="#">Fatherly website</a>.)</i></p>
<p><b>Use a reusable water bottle or coffee mug</b></p> <p><i>(Explore benefits of reusable water bottles on the <a href="#">Be Bottle website</a>.)</i></p>	<p><b>Use beeswax wrap in lieu of plastic</b></p> <p><i>(Explore ways to use and benefits of beeswax on the <a href="#">Jatti Waps website</a>.)</i></p>	<p><b>Start a veggie, herb or flower garden</b></p> <p><i>(Learn the basics of gardening on <a href="#">page 12</a>.)</i></p>	<p><b>Visit a sea, river, lake or pond</b></p> <p><i>(Read about how nature improves people's lives on <a href="#">The Guardian</a>.)</i></p>	<p><b>Complete a nature-themed G-I-Y project</b></p> <p><i>(Visit the <a href="#">Live Green!</a> Pinterest for inspiration or <a href="#">page 16!</a>)</i></p>
<p><b>Watch a nature documentary</b></p> <p><i>(Find 12 documentaries to watch on <a href="#">New York Times</a>.)</i></p>				

# HEALTHY LANDINGS

## GROUNDING EXERCISES FOR MIND AND BODY

### EMBRACING TOGETHER UNITE AND CONNECT THROUGH NATURE



In person, on the phone, through a video chat. No matter how time is spent with loved ones, time spent contributes to grounding a person in who they are and from where they have come. If connecting in person, consider an outdoor location. Walking, sitting or hiking outdoors offers groups opportunities to find deeper connections to the Earth and to all the life that shares the planet with us. Learn more about grounding through outdoor activities with loved ones on the [University of Kentucky's website](#).

### CENTERING THROUGH YOGA ROOTING THE BODY AND MIND



Life is a whirlwind of activity. Yoga and mindfulness poses can provide an anchoring effect when the whirlwind feels chaotic. One easy and powerful pose is the "Sukhasana" or "Easy Pose." This pose involves simply sitting cross-legged on the ground with eyes closed, one hand on the chest and the other on the ground. Through Sukhasana or other mindfulness exercises, mental and physical focus can help root a person mentally and physically. Learn gentle mindfulness yoga poses on a yoga-focused "Do You Yoga" website.

### CALMING FOR SLEEP "SAMA VRITTI" BREATHING



Having trouble falling asleep? According to the [Harvard Gazette](#), insomnia is becoming more common with the outbreak of the COVID-19 pandemic. Instead of counting sheep, lull to sleep with the Sama Vritti breathing exercise. Start the exercise by lying down and getting comfortable. Keep both eyes open or closed, whichever is most relaxing. Then, inhale for four counts and exhale for four counts. Every breath in and out should be made through the nose. After a few breaths, try 6-8 counts per breath. As breathing slows, feel the body and mind slow too. Learn more medically-reviewed breathing techniques can be found on the "[Greatist](#)" website.

### MEDITATING FOR STABILITY RELAX EMOTIONALLY AND MENTALLY



Meditation does not require a special place or amount of time to reap its emotionally-stabilizing benefits. Even 10 minutes of meditation a day can be rewarding. To shift into a focus known as "meditation," start by getting comfortable in a chair or on the floor. Close both eyes. Then, mentally account for every body part, working from the head to the heel. Pay attention to the rising and falling of each breath. Count each breath ... and let go of any thoughts that come to mind. Eventually step back and observe a mind clear of all stressors and distractions. Finally, gently open both eyes. Step-by-step easy meditation tips for beginners are available on [Oprah.com](#).

### ROOTING YOUR BODY THE GROUNDING CHAIR TECHNIQUE



Release and relax with the "Grounding Chair Technique." Sit in a comfortable, sturdy chair that allows both feet to reach the ground. Breathe in slowly and close both eyes. Breathe out. Continue deep breathing. Move back in the chair so that your spine is aligned with and supported by the chair. Rest both arms on chair arms. If the chair has no arms, rest hands on the chair seat or in your lap. Feel the chair's stability. Imagine energy draining down through the body and out through both feet into the ground. Allow every muscle to relax as the energy flows. Learn more on [Dr. Sarah Allen's website](#).

### GROUNDING MENTALLY STABILITY THROUGH SURROUNDINGS



Take time to center your mind and to think around your stressors by mentally grounding yourself. This can be accomplished in a variety of ways. Some mentally ground themselves by focusing on walking or jogging. Others mentally ground themselves by focusing on the objects, air, light and textures of the world around them. All are effective methods. Learn more practices for mental grounding on the [Great Performers Academy website](#).

# GREEN-IT-YOURSELF

## GROUND YOURSELF WITH NATURE

### DANDELION OIL

**Supplies:** enough dandelions (including stems and roots – easiest to extract after a rain or via dandelion weeder tool) to completely fill choice of jar, cheesecloth (coffee filters, wire sieve or colander can be substituted), glass jar with lid, carrier oil (such as olive oil), breathable lid (coffee filter or woven cloth), rubber band, cookie sheet or cooling rack

**Instructions:**

1. Gather as many chemical-free dandelions needed to fill your container of choice.
2. Cut off the flower head and place in a mason jar, completely covering with oil. (Use the root to make coffee or honey (see p. 13), stem to treat rough skin and leaves for a salad.)
3. Stir mixture to remove air bubbles, cover with breathable lid, securing with rubber band.
4. Let the dandelions and oil infuse for at least two weeks. Stir contents daily.
5. Pour mixture through cheesecloth (or substitute) to strain dandelions from mixture. Replace breathable lid for tight-fitting lid and store in a dark place for up to a year.
6. Use oil to soothe dry skin, reduce joint pain, muscle aches, tension and stress or add it to any homemade salves, moisturizers and balms.



### MOSS-COVERED POT

**Supplies:** unglazed flower pot (terra cotta pot or other cement base can be substituted), 2 C. live-culture buttermilk or plain yogurt, 1 small bag of dye-live moss (no dye, not preserved), blender, wide paintbrush, spray bottle, bowl

**Instructions:**

1. Immerse pot in water overnight to ensure it is not dry when beginning.
2. Place two cups of live moss and buttermilk or yogurt into a blender. Use the pulse button to mix, until it has a thick, uniform consistency with chunks of moss.
3. Pour mixture into a bowl or dip brush straight into the blender. Brush a thick layer onto the unglazed flower pot (or substitute).
4. Place pot in a shaded area for the next 2-3 weeks as the “paint” grows into a living moss carpet. Gently mist with water daily. If the moss turns brown or dries out, mist more frequently. Moss will begin to grow in about 10 days and reach full foliage within 6-12 months.



### THUMB-CONTROLLED WATERING CAN

**Supplies:** sturdy empty plastic bottle with lid (such as a milk or orange juice bottle or maple syrup container), tiny screwdriver, nail or drill (depending on thickness of bottle)

**Instructions:**

1. Create small holes (6-15, depending on the size of the bottle) in the bottom of the bottle with a screwdriver, nail or drill.
2. Create a larger hole in the lid of your bottle.
3. To fill bottle, remove lid and quickly fill with water and replace lid. Quickly cover the hole on the lid with thumb to prevent water from dripping out of the bottom.
4. To water plants, lift thumb from lid hole to release water.



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# RECIPES

## MASON JAR SPREADS WITH FARMERS' MARKET FINDS



### DANDELION ROOT INFUSED HONEY

**Ingredients and Supplies:** raw honey, dandelion root, water, 2 canning jars with tight lids, spoon, tongs, colander (cheesecloth or wire sieve can be substituted), hot pads

**Servings:** 1 jar | lasts for one year, stored in a cool, dark cabinet

**Directions:**

1. Wash the roots of dried or fresh dandelions and slice about 1/4" thick. Fill a jar 1/2 full with the sliced roots and cover completely with raw honey.
2. Stir to remove air bubbles and distribute roots throughout honey.
3. Using hot-pads, place the jar in a saucepan with simmering water on low heat for two hours to infuse the mixture. Add enough water to ensure jar (up to 1" from the top) is submerged, being careful not to get any water into the honey mixture.
4. After two hours, using the hot pads, strain the roots from the honey using colander (or substitute). Add to clean jar, secure with lid and store in a cool, dark cabinet.
5. Add honey to sweeten any herbal tea to help flush toxins from the body or to any dessert drink to assist with digestion after a large meal.



### LEMON, HONEY AND BLUEBERRY JAM

**Ingredients and Supplies:** 11 C. blueberries, 1 C. sugar, 1/3 C. honey, 1/2 lemon (zested and juiced), 4 canning jars with lids, saucepan, stove, spoon, ladle, tongs, water

**Servings:** 4 pints | lasts for 2 years, unopened; 3 months, opened and refrigerated

**Directions:**

1. Place ingredients in a large saucepan and bring to a boil over medium-high heat.
2. Reduce heat and simmer gently for 20-30 minutes, or until the jam looks thick and glossy, stirring often to prevent scorching.
3. Ladle into jars, filling to 1/4-inch from the top. Stir out air bubbles and seal.
4. Fill saucepan with water, enough to cover the lids of the jar by 1-inch. Bring water to medium boil then, using hot pads, place filled jars in the pan and boil for 10 minutes.
5. Using tongs, remove jars from pan and place on hot pads or heat-resistant surface to cool and for jam to set (it may take several days).
6. Once cooled, store in a cool, dry location. After opening jars, refrigerate.



### STRAWBERRY BALSAMIC VINAIGRETTE

**Ingredients and Supplies:** 1 C. strawberries (fresh or frozen), 1/4 C. balsamic vinegar, 1/4 C. olive oil, 1 Tbsp. Dijon mustard, 1 tsp. honey, 1 large garlic clove (finely chopped), 1/4 tsp. salt, 1/4 tsp. pepper, baking pan, aluminum foil, food processor or blender, oven and jar with lid

**Servings:** 1 Cup | lasts for 9 days, refrigerated

**Directions:**

1. Place strawberries in a single layer on a baking pan lined with foil, folded up on the sides to capture the juices.
2. Roast strawberries in a preheated 425 F oven for 15-20 minutes, or until they start to caramelize.
3. Puree strawberries, balsamic vinegar, olive oil, mustard, honey, garlic, salt and pepper in a food processor or blender, until smooth. Pour into a jar, secure with lid and refrigerate.

# GREEN OPPORTUNITIES

## PLANT AND REBATE



Planting a tree is a great “green” gift that benefits your property and your community. The City’s Smart Watershed Program is looking to reward that gift this year by providing a Native Tree Rebate to residents that purchase and plant a native tree. Residents can be reimbursed up to \$75 for their native tree purchase. Learn more and find the

“Native Tree Rebate Form” on the City of Ames Smart Watersheds [website](#). Discover other available rebates for sustainable choices by visiting the [City of Ames Residential Programs webpage](#).

## CREATE MONARCH HABITAT



Make the most of your outdoor garden and help support the Iowa Monarch Conservation Strategy by seeding your land and flower pots with pollinator-friendly plants that provide great habitat for monarch butterflies. Native plants, specifically milkweed can make a big positive impact on creating more safe landings for monarchs

while they travel. To learn more about recommended seeds and tips for creating a successful and safe monarch habitat read “Iowans can do their part in helping the Monarch habitat grow” on the [Iowa Department of Natural Resources website](#).

## FELLOW TOWARD EQUITY IN NYC



Submit an application for a chance to become one of two fellows in the 2020 Design Trust Equitable Public Space Fellowship Program. This year-long fellowship is full-time, paid and focuses on offering fellows an opportunity to engage in complex designing of public spaces in New York City. Anyone with a 2-year or 4-year degree and

an interest in architecture, environmental studies, government, landscape architecture, public health, and other related fields is encouraged to apply. Learn more and apply on the [Idealist website](#).

## LEARN TO FARM PRACTICALLY



Learn what it takes to run a farm business with farmers across Iowa while working as an on-farm worker by participating in the Labor4Learning program. This program is powered by Practical Farmers of Iowa and currently, ten positions are available. Learn more about the program, the farmers and the positions and access the application on the Practical Farmers of Iowa website on their [“Labor4Learning” page](#).

## RUMMAGE AT THE RAMP



Looking to donate or buy furniture? What about kitchen, lawn, garage, office and gym items and appliances? Consider donating and buying items at the Ames Intermodal Facility during the 5th annual city-wide rummage sale, known as Rummage RAMPage. Drop off items during open hours July 24 through Aug. 2. Sales start July 25 and end Aug. 3.

Looking for a way to earn money for your nonprofit? Consider volunteering at the sale. Learn more about accepted items, sale hours and how to sign up to volunteer on the [City of Ames website](#).

## CREATE ART PROMOTING HYDRATION



Artists that work with two-dimensional mediums and love Ames water should consider submitting entries for the 2020 City of Ames Water Treatment Plant Public Art Contest and Exhibition. Winning art will be displayed in the Water Treatment Plant and the winning artist will be awarded \$400. Each piece entered will also be considered for

purchase by the City for its permanent art collection. Artists may enter up to three 2-D pieces that focus on the contest’s theme of “Water for Health.” Submissions are being accepted until 5 p.m. on Sept. 11. Learn more about the contest on the [City of Ames website](#).

## JOIN THE LIVE GREEN! TEAM



Educate, engage and empower the Iowa State University and Ames community in sustainability as a member of the 2020-2021 Live Green! Leadership Team. Applications are open until May 11 at 5 p.m. for Campus and Community Engagement interns, Marketing and Communications interns, The SMART Business Challenge Team and for a (new!)

Social Media Engagement Intern. Positions are paid and offer many opportunities for personal and professional growth. Learn about the positions and application process on the [Live Green! website](#).

## CLEAN-UP COLLEGE CREEK



Get outside, have fun, celebrate National Rivers Month and promote healthy local waterways this June 27 10 a.m. - 2 p.m. by participating in College Creek Cleanup. This annual event is put together through partnerships among the Live Green! Initiative, Keep Iowa State Beautiful and Facilities

Planning and Management. Learn about past cleanups and how to get involved with the Summer 2020 cleanup by visiting the Live Green! website and clicking on the [Live Green! calendar page](#).

## VOLUNTEER IN STORY COUNTY



Make a difference in your community this summer by donating your time to organizations working to promote social, economic and environment sustainability in Story County. Volunteering can be as easy as making your next craft project one that can help another person, for example sewing and donating a reusable mask. Learn about writing, packing, cooking and other volunteer opportunities on the [Volunteer Center of Story County website](#). Learn about other volunteer opportunities in your area by visiting [FeedingAmerica.com](#).

## INTERN TO PREVENT POLLUTION



Apply to challenge yourself to work in a hands-on internship in the Pollution Prevention Intern Program with Iowa Pollution Prevention Services. Interns will be assigned projects meant to determine which practices, processes and technologies are the most economically, environmentally and socially sustainable. This paid internship is paid and begins in May 2020. It also has 12 or 24 week project opportunities available. Learn more about the program and how to apply on the [Iowa Department of Natural Resources website](#) or by contacting Danielle Roseland at [Danielle.Roseland@dnr.iowa.gov](mailto:Danielle.Roseland@dnr.iowa.gov).

## KICK-OFF CAMPING SEASON



Join fellow Iowans in kicking off the camping season during Iowa State Park's annual "Camping Kick-Off" and reserve your camping spot starting the first weekend in May. Many parks will host family-friendly programs and activities, like kayaking, hikes and volunteer projects. Campers during the first weekend of May will receive a free issue of Iowa Outdoors magazine. Learn more about kick-off opportunities and find a full schedule of programs on the [Iowa Department of Natural Resources Camping Kick-Off web page](#).

## SHOP AT FARMERS' MARKETS



Energize the local economy by purchasing from farmers' markets in Ames. The Ames Main Street Farmers' Market will have virtual shopping options by mid-May and the North Grand Farmer's Market will run every Saturday and Wednesday until mid-October. Learn more on the [Main Street Farmers' Market website](#) and on the [North Grand Farmers' Market Facebook page](#).

## TEMPORARY CAMPUS FOOD PANTRY

In the lower level of the Union Drive Community Center. All are welcome, no identification is required. More on the [Student Affairs website](#).

## PICK SUMMER EATS



Enjoy the fresh fruits and veggies of the growing season this summer at a "u-pick" farm where harvesting is left to the customer. Grab family and friends and explore the various apple, strawberry, pear, pumpkin farms that offer this fun food option. Discover Iowa Farms that offer U-Pick options on the [Iowa State University Extension and Outreach website](#) titled "[Visit Iowa Farms](#)." If pictures are taken while picking, feel free to share the "green-handed" experience online. Share the experience with Live Green! using the tag #LiveGreenISU.

## SAVE THE RAINFOREST



Help raise awareness and encourage action toward saving the Earth's precious rainforests for World Rainforest Day on June 22. Start an awareness campaign by first learning more about the ecosystem resources, biodiversity and beauty of the rainforests on Earth. Then, seek out information and resources for promoting healthy rainforests. Sharing resources and facts and starting conversations on rainforest conservation online or in person are great options for starting a rainforest conservation campaign. Learn more about how to healthy rainforests on the [World Rainforest Day website](#).

## CELEBRATE THE OCEAN



Inspire yourself and others for World Oceans Day on June 8 by creating an online campaign or competition. Already on social media? Consider creating a virtual photography, video or art competition and ask your followers and friends to share how they capture the beauty of the ocean. Live near the ocean or own a product that comes from the ocean? Upload a live stream of you near the ocean or with that product and share why you love it. Find more inspiration for celebrating on the [World Oceans Day website](#).

## LOG NATURE CONNECTIONS



Take photos at Chronology stations at Hickory Grove Park, McFarland Park and the Tedesco Environmental Learning Corridor and donate them for a park photo time lapse series. Email photos to the address listed at the station.

## PLEASE NOTE

Events and opportunities listed may be subject to changes due to the COVID-19 pandemic.

# EARTH MONTH RECAP

## REFLECTING ON EARTH MONTH CELEBRATIONS

### LIVE GREEN! EARTH MONTH CHALLENGE

Throughout April, Cyclones and community members joined the Live Green! Team in celebrating Earth Month and the 50th Earth Day through the [Live Green! Earth Month Challenge](#). Sustainably-minded challenges themed around waste reduction, food, clean water, nature, community, wellbeing, energy and climate guided participants to explore new ways to live more mindfully toward celebrating Earth Day, every day. For more information and a listing of the grand prize winners, visit the [Live Green! Earth Month Challenge website](#).

### LIVE GREEN! EARTH MONTH CALENDAR

In celebration of Earth Month 2020, the Live Green! Campus and Community Engagement Team compiled the annual Earth Month Calendar of Events. Filled with over 45 pages of virtual education, engagement and empowerment opportunities, that could be experienced while social distancing, this year's calendar featured opportunities to discover, explore and enjoy places and experiences throughout the world. To view the calendar and learn more about the numerous unique environmental, economic and social sustainability offerings during April (and beyond), visit [Live Green! Earth Day website](#) and click on the "Earth Month Calendar" link.

### 50 YEARS OF EARTH DAY

Founded by peace activist John McConnel and United States Senator Gaylord Nelson, the first Earth Day was celebrated April 22, 1970. More than 20 million Americans participated in celebrating the planet, its beauty and its resources that day. Today, many Earth Day celebrations and efforts to give back to the planet are coordinated by the [Earth Day Network](#). This network connects over 1 billion people in 192 countries across the world to celebrate Earth Day.

### VIRTUAL EARTH DAY CELEBRATIONS

Despite the COVID-19 pandemic canceling in-person celebrations worldwide, people across the globe connected virtually to celebrate the 50th anniversary of Earth Day. Celebratory opportunities included those put on by: the [Earth Day Network](#) (a "24 Hours of Action" campaign emphasizing connections between human health and planetary health), The San Diego Zoo (offering livecam showings of animals April 13 - April 22) and [NASA.gov](#) (offering a week of online events, stories and resources showcasing the importance of, and beauty in, sustaining a healthy planet). For a deeper look at virtual celebrations offered locally and across the world, go to the [Live Green! Earth Day website](#), click on the link for the Earth Month Calendar and click on the April 22 - 27 link.



# MAY CALENDAR

02

## **Conscious Closet Webinar**

**Zoom | 10 - 11 a.m. PT**

Learn how to make conscious wardrobe choices to support your intentions and develop a personal style to increase your influence. [Register on the Eventbrite website](#) until the day of the event.

## **Keeping Kittens Healthy Webinar**

**Facebook and Instagram | 2 - 3 p.m. ET**

Learn all you can about kittens and how to keep them healthy from Royal Canin and Kitten Lady during their free, interactive livestream created to support first-time fosters and adopters. Find more information and register for the webinar on the [Eventbrite website](#).

04

## **Community Mindfulness Meditation**

**Zoom | Every Mon., 5:30 - 6:30 p.m. ET**

Drop-in to the Brown Mindfulness Center's weekly Monday meditation sessions, inspired by the essential principles of Mindfulness-based Stress Reduction. The sessions are free and open to the public, and provides an opportunity for people to develop a mindfulness meditation practice. Drop into the session using the event's [Zoom link](#) or [find your local number](#) to call in.

## **Self-Care during COVID-19 Webinar**

**Zoom | 8 - 9 p.m. ET**

Engage in a peer-to-peer discussion and receive advice from professionals about practicing self-care during COVID-19 throughout this one hour, unrecorded webinar. It is free and open to the public, and licensed social workers, mental health counselors and psychologists may be eligible to receive a continuing education certification. Register on the [Eventbrite website](#).

05

## **Society Virtual: Art Therapy**

**Zoom | May 5 and 12, 11 a.m. ET**

Overcome the limits of language and express yourself creatively in this free art therapy workshop. In this class, you will learn how to balance your mind with art. Register on the [Eventbrite website](#).

## **Free Family-Friendly Fitness Class**

**Zoom | Every Tues. and Thurs., 6:30 p.m. ET**

Enjoy a virtual family-friendly workout every Tuesday and Thursday. Login information will be emailed at least two hours before the event. Register for the class on the [Eventbrite website](#).

06

## **Garden Talk Wednesdays**

**Zoom | Every Wed., 7 p.m. CT**

Join the University of Minnesota Extension Master Gardeners for a weekly 30- to 40-minute chat about gardening tips and tricks, until June 3. Topics range from low-care to no-care vegetables, best type of plants to grow, herbs and more. Register on the [Eventbrite website](#). An event link will be emailed within 48 hours of the webinar.

07

## **Soul-Care Against a Pandemic Webinar**

**Zoom | May 7 - 21, 7 - 8 p.m. ET**

Relate to others and learn how to adapt your physical, emotional and vocational health during the free, weekly one hour "Soul-Care" Zoom workshops. Each workshop will be a mixture of soul care content, reflective dialogue and contemplative practice. Register for each workshop on the [Eventbrite website](#).

08

## **Gardening for Health Workshop**

**Online | May 8, 1:30 - 3 p.m. ET**

Join this free two-part series to learn about plants and how to start your own garden. You will receive step-by-step instruction on container gardening, learn about the importance of culturally specific foods and why they have been eaten for generations. Register online by May 8 on the [Eventbrite website](#).

12

## **Water Conservation and Harvesting**

**Live Webinar | 10:30 - 11:30 a.m. ET**

Put the rain to work and learn the best conservation practices and ways to harvest precipitation, such as rain gardens and rain barrels. Register by May 12 on the [Eventbrite website](#).

## **Webinar: Home Canning Basics**

**Live Webinar | 6 - 7:30 p.m. ET**

Learn how to safely preserve foods with water-bath and pressure canning during this live webinar from a registered dietitian. Register by May 5 on the [Eventbrite website](#).

16

## **Home Composting 101**

**Zoom | 10 - 11:30 a.m. CT**

Get introduced to the basics of composting, including how to start, composting's ecological value and where to find additional resources in your community, during this free online class. Register on the [Eventbrite website](#).

## **Planting for Pollinators**

**Live Webinar | noon - 1 p.m. CT**

Join NYC Parks GreenThumb for a lunch-hour webinar with a focus on the capacity of gardens to provide habitats for beneficial insects. Discuss elements of design, horticultural requirements and options for native plants for an effective pollinator garden, then work individually or in small groups to design your own. [Register on the Eventbrite website](#) to receive the link for the webinar.

## **TEAM Day**

**Wick's Wildlife Area | 9 a.m. - noon**

Help Story County Conservation get their new park ready for the public. Wear long sleeves, pants and closed-toe shoes, as well as bring work gloves and a water bottle. All volunteers must be at least 14-years-old. Register on the [Story County Conservation website](#) by May 14.

Copy and layout by Krishnaun Burns

Stay updated on event cancellations due to COVID-19 by visiting the respective organization's website.

# SUMMER 2020 CALENDAR

## JUNE

04

### Art Walk

#### **Downtown Ames | 5 p.m. - 8 p.m.**

Discover the artwork of over 60 local artists, including painters, jewelry makers, photographers, woodworkers, potters, sculptors, musicians and more, during Ames' annual family-friendly ArtWalk. Cost: free

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### Dine Downtown

#### **Downtown Ames | All Day**

Enjoy great deals on food and drinks and explore local restaurants in Downtown Ames during the newly renovated Dine Downtown series, previously Restaurant Week. Enjoy this series the second Thursday of every month, all year.

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### Art Walk: Conservation and Preservation

#### **Gerdin Business Building | noon - 1 p.m.**

Learn how the University Museums' staff care for and preserve over 30,000 objects. Get to know about the conservation process, what environmental factors affect art and tips on how to best store and preserve art at home. Register on the [University Museums website](#). Cost: free

25

### Paddle Boarding Basics

#### **Peterson Park | 6 - 8 p.m.**

Spend some time on the water and learn how to stand up paddle board. Light refreshments will be served. Participants must be 18 years old or older to attend. Register by June 22 at 4 p.m. on [My County Parks website](#). Cost: \$15

### Evening Prairie Walks

#### **Doolittle Park, Story City, IA | 7 - 8:30 p.m.**

Enjoy monthly prairie walks at the largest prairie remnant in Story County. See rare and common prairie flora that change monthly and learn about the history and ecology of Central Iowa prairies. No registration required. Cost: free

27

### College Creek

#### **Sections of College Creek | 10 a.m. - 2 p.m.**

Team up with members of the Ames community to give College Creek a good cleaning. No time limit required. Register to volunteer on the [Volunteer Center of Story County website](#). Volunteer check-in starts at 9:30 a.m. and is located at Forker Building parking lot (50A).

## JULY

04

### 4th of July Parade

#### **Downtown Ames and Bandshell Park | 11 a.m. - 1 p.m.**

Don your red, white and blue with your family and friends in Downtown Ames and Bandshell Park to celebrate Independence Day. Cost: free

09

### Dine Downtown

#### **Downtown Ames | All Day**

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### Family Sunday: Passport Tour

#### **University Museums | 2 - 3 p.m.**

Travel the world on your summer staycation in Ames with University Museums. Join them for a family-focused "passport" tour of the exhibition "Creating Global Understanding: World Languages," featuring objects from around the world. Register on the [University Museum website](#). Cost: free

23

### Summer Sidewalk Sales

#### **Downtown Ames | July 23 - 26**

Take a stroll downtown and check out what local businesses have to offer during the semi-annual sale held by Downtown Ames businesses. Discounts, promotions, sales and other good deals will be available.

24

### Rummage RAMPage

#### **Ames Intermodal Facility | July 24 - Aug. 3**

Help keep reusable items out of the waste stream and donate any unwanted items or find hidden treasures at the annual Rummage RAMPage. Donation drop-offs begin July 26 from noon - 6 p.m. and continue along with sales July 25 - Aug. 3. For more information about items to donate event hours and opportunities to volunteer, visit the [City of Ames website](#). Cost: free

## AUGUST

13

### Dine Downtown

#### **Downtown Ames | All Day**

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At the time of publication, these events were still active. Please stay up-to-date on event cancellations due to COVID-19 by visiting the respective organization's website.

Have a sustainability highlight, accomplishment or event to share? Contact the Marketing and Communications Team!

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)