



Green/Wellness Team Newsletter

Green/Wellness Team Mission:

In keeping with **EOTC's** mission and core values: "with respect for the individual and the highest professional standards," the green team helps our agency, staff and participants become better stewards of the earth and its resources, and maintain a healthier lifestyle.

Simple Vegetable Garden Plans, Tips, and Ideas

A simple vegetable garden is the best way to get started when you want to grow some of your favorite vegetables at home. You don't need a huge backyard to grow a garden. Find a sunny spot on your porch, deck, patio or balcony and you are ready to get started. Here are five easy-to-grow plants to start a simple vegetable garden.

Growing Tomatoes—Plant tomatoes in rich well drained soil in full sun, allowing three feet or more between plants for good air circulation. Mulch with straw in a wide band around the vegetable garden plants to provide consistent moisture over the growing season and suppress weeds.

Tomatoes are easy to grow in containers or planted directly in the ground in your backyard garden. Choose a smaller variety when planting in containers. Make or purchase a 'cage' to support your tomato plant as it grows.

Water deeply.

Tomatoes have extensive root systems and should be watered deeply and often in the first month or two. As fruit begins to ripen, irrigate less frequently. Prune non-fruit bearing branches to encourage

more tomatoes to develop and grow on your plant.

Harvest as early as 80 days or as late as 150 days after planting, depending on variety and time of year.

Growing Lettuce—This is one vegetable that will grow well in cooler weather and a shady or semi-shaded location. Plant additional seed or plants every 3-4 weeks to insure harvest throughout the season. Seed packets containing mixed varieties of lettuce are available, and are a great way to have a variety of fresh colorful leaves for your salads and sandwiches.

During hot weather, lettuce plants will grow tall and go to seed very quickly. Provide a cooler and shady location for your lettuce plants in mid-summer if possible.

Growing Green Beans—Green beans are vegetables that enrich the garden by adding valuable nitrogen to the soil. Plant smaller-growing bush beans to save space in your garden. Tall varieties will need to have a tee-pee or fence to support the vines as they grow.

Green beans grow in all zones. Broad beans thrive in full sun and well drained slightly alkaline soil. A

mild growing season is essential. The preferred environment is cool, moist air and adequate water or rainfall.

Growing Radish—Along with lettuce, turnips, and beets, the radish is one of the oldest grown vegetables in cultivation. The vegetable is good-natured and easily grown making them an excellent choice for a simple vegetable garden or a child's garden.

Radishes can be planted in all zones, require full sun, and regular watering. Because the vegetables are so easy to germinate, they are often sown as a companion crop to other larger and slower growing plants in the vegetable garden.

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Living With Less

"Simplify, simplify." More than a century after Henry David Thoreau uttered these words, his plea for simplicity has more significance than ever before. We work hard and play hard, filling nearly every moment with activity. Most families believe they need two incomes to pay for a standard of living that has doubled in the past 50 years. But do we? Based on a three-year study of more than 200 people who

have simplified their lives, it was found that we can work less, want less and spend less, and be happier and more fulfilled in the process.

Following these 10 suggestions will simplify life. Rather than try to do it all in a few weeks or months, know that most people need an initial period of three to five years to complete this transition. Small, gradual steps are best.

1. Don't bring any material thing into your home unless you absolutely love it and want to keep it until it is beyond repair.
2. Live in a home with a cozy environment that you or someone in your family uses every day.
3. Seek to limit your work outside of the home to 30 hours a week, 20 if you are a parent.

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Zucchini Pancakes



Ingredients:

4 eggs
2 cups grated zucchini
3/4 cup all-purpose flour
1/2 teaspoon white sugar
1/2 teaspoon salt
3 tablespoons olive oil
4 teaspoons baking powder
1/4 cup butter, melted

Directions:

Preheat grill to 425 to 450 degrees F.

In a large mixing bowl, beat eggs, add shredded zucchini and mix well using a fork. Add flour, sugar, salt and vegetable oil and stir to blend well. Finally, add baking powder and mix well using a large spoon. The batter's consistency should be like heavy whipping cream.

Spoon batter on hot grill (about 2 tablespoons) for each pancake. Cook until there are no longer bubbles forming in the pancake, about 2 minutes; turn over and cook for

two minutes longer. Rub pancakes with melted butter and serve immediately.

By William Anatooskin

"An easy recipe to make. A delicious vegetable pancake for breakfast, brunch, lunch or just a snack."

Grilled Garden Vegetables



Ingredients:

2 tablespoons olive oil, divided
1 small onion, chopped
2 garlic cloves, minced
1 teaspoon dried rosemary, crushed, divided
2 small zucchini, sliced
2 small yellow summer squash, sliced
1/2 pound medium fresh mushrooms, quartered
1 large tomato, diced
3/4 teaspoon salt
1/4 teaspoon pepper

Directions:

Drizzle 1 tablespoon oil over a double thickness of heavy-duty foil (24"x12"). Combine the onion, garlic and 1/2 tsp rosemary; spoon over foil. Top with zucchini, yellow squash, mushrooms and tomato; drizzle with the remaining oil. Sprinkle with salt, pepper and remaining rosemary.

Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 15-20 minutes or

until tender. Open foil carefully to allow steam to escape.

By: Holly Wilhelm, Sioux Falls, SC

"This nicely seasoned veggies medley offers a wonderful taste of summer. The dish is also on the lighter side, so you can enjoy it guilt-free."

Nutrition Facts: 1 serving (3/4 cup) equals 61 calories, 4 g fat, 0 cholesterol, 227 mg sodium, 6 g carbs, 2 g fiber, 2 g protein.

Local Recreation Sites

Wherever you are in Lackawanna County, there is a public park or recreation area nearby. Here are just a few that everyone can enjoy:

[David Maslar Park](#), Archbald Borough

[Mellow Park](#), Blakely Borough

[Candella Park](#), Olyphant Borough

[Villa Drive Playground](#), Old Forge Borough

[The Lackawanna River Heritage Trail](#) a multi-purpose trail that follows the Lackawanna River for forty miles. Go to www.lhva.org/heritage-trail.html for more information.

[McDade Park](#), Taylor Borough

In Northeastern Pennsylvania are many state, county and local parks to choose

from for hiking, swimming and other recreational activities. Among them are:

[Bear Mountain Butterfly Sanctuary](#), Jim Thorpe. www.bearmountainbutterflies.com

[Dorflinger-Suydam Wildlife Sanctuary](#), White Mills. www.dorflinger.org

[Kirby Park](#), Kingston www.wilkes-barre.pa.us/parksandrecreation.php

[Lackawanna College Environmental Institute](#) www.lackawanna.edu

Check www.visitparks.com and www.lackawannacounty.org/attractions_parks.aspx web sites for a full listing of other parks and activities and Enjoy, Enjoy!

By Mickey McConnon



EOTC's Staff Stuff Exchange

The Staff Stuff Exchange at **EOTC** was a great success this year. The employees were so happy with the event that a second event was scheduled for employees to participate further.

The **EOTC** sponsored in-house Staff Stuff Exchange is a recycling and re-using event where staff bring in

items they no longer want or need for other staff to see them and have the opportunity to take them home. It is basically an exchange version of a yard sale among friends and co-workers with no money exchanged.

The staff enjoy the time explaining what they are giving away and helping others

'shop' for items that they no longer want.

In the spirit of being a green agency, anything that remains at the end of our Staff Stuff Exchange is given to the Salvation Army.

By Denise Zuvic



Garden Tips

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Mixed Planting—Carrots are a popular choice to grow with radishes, as row markers and to simplify thinning. Other slow-to-germinate seeds include cabbage, lettuce, peas, and leeks.

Growing Onions—Growing onions is easy in a beginning simple vegetable garden. Plant onions from seeds or 'sets,' which are small onion bulbs that can be purchased at your local garden center. Onions do not require much space, and

grow easily in a variety of soil and climate conditions. Frequent watering will help onions grow more quickly.

Buying Tip—When choosing varieties, consider the color, shape, and size you desire. The hardest part will be narrowing your choices to something simple and manageable for a simple vegetable garden!

Planting Tip—Follow the planting instructions on the seed packet

carefully. Each variety of vegetable may have different space requirements.

Planning a simple vegetable garden is the best way to get started. Choose your five favorite vegetables, a sunny location, and you are ready to get started. Keep it simple, and build on your success each garden season. You can always try something new or different in your next vegetable gardening adventure.



Living With Less

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4. Work no more than a 30 minute drive from home. Preserve your energy and money for more rewarding life experiences.

5. Limit children to between one and three extracurricular activities a week, depending on their age.

6. Live simply to dream big in a whole new way. Take a month or more every few years to go live in a foreign country. Living in a different culture fascinates, excites and revitalizes us. It teaches us to live in the present, a core practice of simple living. We gain perspective when we experience a foreign culture and learn how much we have to be grateful for.

7. Spend at least an hour a week in a natural setting, away from

crowds of people, traffic and buildings. There is nothing more basic or simple than the natural world.

8. Connect with a sense of spirit in your life, whether through prayer, religious services, journal writing, meditation or spiritually related reading. Simplicity leads to spirituality and spirituality leads to simplicity. Cultivate a practice of silence and solitude, even if for just 15 to 30 minutes a day. Your spirituality will evolve naturally.

9. Seek the support of others who want to simplify their lives. Join or start a simplicity circle if you enjoy group interaction. Living simply in our culture can be a lonely journey, one that friends and family still on the earn-and-spend treadmill may not understand.

10. Practice saying "No" to things that don't bring you inner peace and fulfillment, whether they are material goods, greater career responsibility or added social activities. Be vigilant with your time and energy; they are limited resources. If you say "Yes" to one thing, recognize that you are saying "No" to something else.

By Linda Breen Pierce

Linda is the founder of *The Pierce Simplicity Study* and the author of *Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World* and *Simplicity Lessons: A 12-Step Guide to Living Simply*.

Source: Natural Awakenings, November 2010.





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Our Mission

With respect for the individual
and with the highest professional standards,

EOTC

offers a variety of programs that promote
family stability and economic self-sufficiency.

Visit us on the web at
www.EOTCworks.org

Tips on Moving Green

1. Use eco-friendly movers—Biodiesel trucks are available from some moving companies.
2. Reuse packing materials—other customers may be discarding boxes or packing materials.
3. Rent or buy packing containers. Sturdy packing containers made from recycled plastic are available from some moving supply companies. Purchasing used or new bins made from recycled plastic can be a smart investment since they stack well, are more durable and can be used for years.
4. Think multiple uses. Paper towels from recycled paper can be used for wrapping fragile items and layering between dishes, and can be used for cleaning later. Use compostable packing paper that can later serve as compost for your plants and trees. Linens, towels and clothing work well for wrapping belongings and filling holes in boxes.
5. Peanuts from sludge. Compostable packing cubes made from recycled newspaper sludge make great packing

peanuts. No mess, no static, no landfill.

6. Zip rather than tape. Zip ties made from recycled plastic are easier than tape to apply and remove from latches, handles, knobs, etc. Use them to secure lids, furniture doors, cables, hoses, and wrapped items and recycle them when done.

7. Donation stations. Pick convenient spots in your old and new home to set up "donation stations." Keep containers there to accumulate unwanted items for an easy trip to the thrift store later. Ask around for names of local thrift stores that will pick up at your home.

8. Store safely. Plants, perishable food and flammable or toxic materials cannot be stored in a self storage unit. Be sure to remove batteries from electronics. To avoid leaks, stored cars and trucks should be properly maintained.

9. Pass it on. When you are done unpacking, ask if anyone might have use for your leftover packing materials.

10. Check on proper disposal. Contact

your city's recycling division for instructions on how to dispose of leftover belongings and packing materials properly.

At your new place...

- Change your address/phone numbers online to go paperless.
- Make use of solar panels, if possible.
- Take advantage of your clothesline in warm weather to allow your clothes to dry naturally.
- You can stop junk mail by registering with the Mail Preference Service at the Direct Marketing Association. It won't stop all the stuff you get daily in the mail, but it will help to reduce a large portion of unwanted paper.
- Set up a recycling center!

