



# The Eco Friendly Kitchen





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## SAVING WATER IN THE KITCHEN

It is hard to imagine that around 1 in 10 people around the world does not have access to safe drinking water.

<http://water.org/water-crisis/water-sanitation-facts/>

Water is a precious commodity that we should not take for granted. And with water bills rising in many areas in the USA, it pays to pay attention to the best ways to save water. One of the most obvious places is in the kitchen. Here are some hints and tips.

- **Use a Water Filter**

Attach one to your tap. This can help prevent harmful lead and other substances from leaching into water that has been sitting in old pipes.

- **Own a Range of Basins**

Own one basin for soaking, another for rinsing, and another for water collection for garden, plants, and cooking such as boiling pasta. If you run the tap to make it hot or cold, or to try to flush the pipe because you are concerned about lead, capture that water in the basin and use as needed.

- **Don't Let the Tap Run**

You are flushing water, and money, down the drain.

- **Install a Low-Flow Faucet on Your Sink**

Low-flow faucets flow at 1.5 gallons per minute, compared with conventional ones which flow at 5 gallons per minute.

- **Wash Vegetables and Fruits in Your Basin**

Use a basin of your gathered water and a vegetable brush to wash your produce. Add a spoonful of vinegar and let the food soak for 10 minutes if you are concerned about pesticide residue.





## SAVING WATER IN THE KITCHEN

- **Don't Drown Your Foods**

Use just enough for cooking. Cover your pasta or potatoes with just enough water to cook. Try steaming your vegetables to lock in flavor and nutrients and use less water.

- **Use the Cooking Water on Your Plants**

Drain your pasta or vegetables in a colander and collect the water into a basin. Let it cool down and use it in your garden.

- **Eat More Soups and Stews**

All the water you use will cook the food, preserve the nutrition, help hydrate you, and fill you up - all at the same time.

- **Be Careful with Dishwashers**

They can use up a lot of water, especially if they are not water efficient and you run them when they are not completely full. If you wash up by hand, don't let the water running, and use the two-basin method to wash and rinse. Use a mild green detergent, and use the wastewater for your garden or plants.

- **Consider a Super-Efficient Dishwasher**

Keeping in mind what was just said about dishwashers, if you have a large family and cook a lot, look for an energy-efficient and water-efficient model and run it only when it is full. Cut the steam dry cycle and dry by hand to save energy and water. The most efficient models will use only around 5 gallons of water per load. The average American uses 20 gallons of water when they wash their dishes if they are not vigilant.

- **Drinking Water**

Hydration is important. Keep a water pitcher in the fridge for cold water so you won't let the tap run, and make ice regularly. Use stainless steel water bottles instead of plastic. Change the filter on your tap regularly. Most will remove 99% of any substances that might be cause for concern in your water.

**Use these tips to help save water  
and see your water bill reduce.**



## FOOD PACKAGING: HOW TO REDUCE WASTE

Food packaging is a huge concern because of the amount of waste it generates. This waste usually ends up in landfills. It can also end up blowing around, littering, and even harming wildlife. Here are some of the best ways to reduce your food packaging to protect the planet.

- **Shop with reusable grocery and produce bags**

Bring along your own cloth bags to cut down on plastic ones. I am sure you have seen videos of birds and sea animals trapped in plastic bags. Cows and other animals could die if they were to eat a plastic bag.

- **Skip the plastic bottles**

Everyone knows the importance of hydration, but there's no need for a mountain of plastic water bottles. Use a reusable, stainless steel drinking bottle instead of individual drink boxes or bottles. Skip soda and make your own infused water with fresh or frozen fruit, or lemon wedges, cucumber slices, or mint leaves.

- **Buy fresh fruits and vegetables**

This will save on cans, boxes, and bags.

- **Buy in bulk at health food stores or online**

If you go to the store, bring your own containers from home to eliminate the use of cans, cartons, and plastic bags.

- **Buy big boxes of cereal instead of individually packaged cereals.**

- **Buy plastic bags of cereal such as oatmeal and refill your container.**

- **Avoid individual "snack-sized" boxes or bags**

Buy a large portion and divide it up into your own containers, or zippered food storage bags you can reuse.

- **Buy quarts of yogurt instead of smaller cups**

Add your own healthy fruit and fillings instead of sugary "stir up from the bottom" varieties.



## FOOD PACKAGING: HOW TO REDUCE WASTE

- **Use a cloth or a metal coffee filter rather than paper filters.** You will save a lot on paper filters. Use the coffee grounds as compost in your garden. Use any leftover cold coffee to water your plants.

- **Buy bulk cheese from the deli counter instead of individually wrapped slices**

Bring your own container to save on plastic.

- **Make your own popsicles using reusable molds, rather than buying boxed popsicles**

Use BPA-free molds. This will save on packaging, wooden sticks, and more.

- **Use metal and ceramic baking pans instead of disposable foil pans.**

- **Use silicone cupcake pans instead of cupcake and muffin wrappers.**

- **Use loose tea instead of tea bags**

Get a tea ball, load it with tea, and use it as you would a teabag. When you are done with the leaves, use them as compost in your garden. Use any leftover cold tea to water your plants.

- **Bake your own cakes**

This will cut down on a lot of fancy packaging.

- **Make your own granola bars**

This cuts down on boxes and individual wrappers.





## FOOD PACKAGING: HOW TO REDUCE WASTE

- **Bring your own travel mug to your coffee shop.**

If you really can't live without coffee from your local shop, bring your own travel mug. This will save on paper or styrofoam cups, plastic lids, and so on. Bring your own small spoon for stirring, and reusable straw if needed.

- **Take your packed lunch in a plastic container or Bento box or Thermos**

Avoid foil, wax paper, plastic bags and so on.

**TIP: Use the Green Home Mama reusable unpaper towels to wrap sandwiches, as placemats, and reusable napkins.**



**Use as many of these tips as you can to help reduce waste. Serve as a role model for your children and teach them to minimize waste. After all, we owe it to them to make sure they inherit a safe and healthy Planet Earth!**



## CAN YOU USE POTS AND PANS EFFICIENTLY?

There are a number of ways to use your pots and pans cleanly and greenly. The major considerations are to cook food properly without it sticking or leaching harmful chemicals into your food, and to cook efficiently in a manner that will get the job done with the least amount of fuel consumption.

- **Why You Should Steer Clear of "Non-Stick" Pans**

Non-stick pans will start to stick sooner or later. This is because a metal spatula or even a fork will cause tiny scrapes that will damage the non-stick coating (such as Teflon) over time, and cause it to disintegrate and leave food sticking. Even worse, the chlorine in the Teflon (yes, like the chlorine in bleach) can leach into your foods. It can also be released into the atmosphere, returning to its natural gaseous state.

- **Watching Out for Aluminum**

A lot of cheap cookware is flimsy and can melt in high temperatures. It can also leach minerals into your foods. Aluminum cookware has even been linked with Alzheimer's disease.

- **Cleaner and Greener Solutions**

It can be tempting to buy any old cheap pot on sale, but the truth is that some are better value than others. The value is in relation to cooking results, ease of cleaning, durability, ease of care, and long-term use and versatility.

- **Le Creuset**

The Le Creuset line of cookware is expensive and a bit on the heavy side, but well worth it. It can go from oven to table to fridge or freezer, and to the stovetop as well. It is enameled cast iron and resists sticking, scratching, or any other type of damage - short of dropping it from a huge height and cracking it.





## CAN YOU USE POTS AND PANS EFFICIENTLY?

The enameling makes it energy efficient, so you will find food cooks faster on the stove or in the oven, in a similar manner to your using glass bakeware. The tight-fitting lids keep heat and moisture in, further making this cookware one of the most efficient way of preparing meals in the kitchen. It is dishwasher safe, but also really easy to clean by hand.

- **Cuisinart Green Gourmet**

Cuisinart Green Gourmet cookware is a more affordable option, though it won't be as durable. It is non-stick without Teflon and is made of recycled stainless steel and ceramic. Ceramic cookware tends to also cook more efficiently than conventional pots and pans. The downside is it is not dishwasher safe and can't be used on induction cooktops. Don't use metal utensils, or it will damage the coating. Wood and plastic spatulas and other utensils can be used. It can only be used on the stovetop.

- **Ceramic Cookware**

Ceramic is all natural, made with clay which is hardened and then polished to a smooth, durable finish. Like Le Creuset, it can go from oven to table and in some cases even into the microwave. It is sturdy, lightweight, and won't stick provided you oil it well.

- **Cooking Efficiency**

1. No matter which pots you put on your stove, think about efficiency. For example, if you are boiling pasta, either add your vegetables right in it or place them in a bamboo steamer above the boiling water.
2. Make more soups, stews, and casseroles, for one-pot meals that will retain all the nutrition of the food and make for easy clean-ups.
3. Try eating more stir-fries too. They are quick and easy and take less than 5 minutes.





## STORING FOOD THE GREEN WAY

Food storage is all about keeping food fresh and safe. Chemicals in plastic containers leaching into foods have led to a lot of concern over the best ways to store food. Storing food properly so nothing goes to waste also makes sense for your wallet and the planet.

Studies have shown that Americans waste around 60% of their food budget. That's a lot of greenhouse gases being generated by food waste. Here are some top ways to store and preserve your food.

- **BPA-Free Plastic Containers**

Use these for storage only, not cooking. Empty the food onto a plate if you are going to heat it in the microwave. Give them a longer life in terms of smells and stains by oiling them lightly. The food will also slip out better.

- **Cereal Storer**

This will help keep cereal fresh. It also allows you to buy cereal in plastic bags (such as Arrowhead Mills puffed rice, corn, and so on) and cut down on consumer food packaging.

- **Pasta and Rice Containers**

Pasta and rice can also become stale very quickly. Buy in bulk in plastic bags and refill your containers. Always keep the tops sealed.

- **Flour and Sugar Containers**

These can be glass or BPA-free plastic. Your baked goods will only be as fresh as the ingredients you start with. Flour and sugar can absorb a lot of moisture from the air, so keep them in well-sealed containers that you find easy to handle as you take them on and off the shelf.





## STORING FOOD THE GREEN WAY

- **A Bread Box**

This may sound really old-fashioned, but a bread box will keep your bread fresher longer, in a cool, dark, and dry place where it will be less likely to sprout or mold. Buy wholegrain unsliced loaves at your local bakery to cut down on plastic and preservatives. Or better yet, bake a double batch of your own whole wheat bread and freeze some of it for later!

- **Mason Jars or Ball Jars**

These come in all different shapes, sizes, and even colors these days. Again, they may seem old-fashioned, but they have been used for decades by people who want to keep their food farm fresh and who also want to avoid the potential side effects of food in metal cans. The metal, and the coating on the metal to try to make it non-reactive against the content, have been found to leach into the food. Avoid highly acidic canned foods like tomatoes and citrus fruits.

The glass jars are non-reactive, easy to clean, and sturdy. The secret is to maintain the rubber seals or gaskets so there will be a tight fit to keep air out and freshness in. The rubber rings will wear out or dry out over time and need to be replaced.

- **A Fruit Bowl or Basket**

Some foods should never be put in the refrigerator, for freshness or taste reasons. Here is a detailed list:

<http://healthyleo.com/15-foods-to-never-put-in-the-refrigerator/> Put your bananas and avocados in a fruit bowl or hanging basket.

- **A Vegetable Bin or Root Cellar**

Potatoes, onion, garlic, and other rooty types of produce will sprout in the fridge. Store them in a cool dark place like a box or bin, using it as a root cellar to keep them fresh.

**Use these easy ways to keep your food fresher for longer and see what a difference it makes to your budget.**





## TIPS FOR USING YOUR OVEN

- **Skip the pre-heating**

In most cases, it's not needed. Modern ovens also heat up so quickly, it's really a non-issue.

- **Hang on to the heat**

There are a number of ways to hang on to the heat once you've turned on the oven and to make the most of the energy used. One of the best ways is to check the door seal so no heat will escape. Keep it clean with a gentle detergent.

- **Don't use foil on your racks**

This might help with easier clean-ups, but the truth is it blocks the air from circulating around the oven and keeping it working at peak efficiency.

- **Consider convection**

Convection ovens can save you about 20% to 40% of energy by circulating the heat more efficiently.

- **Keep the kitchen door closed**

A lot of people try to heat the house in colder months by putting on the oven, but the truth is that it's better to have one warm oven and room than use up a lot of fuel trying to get your oven to do too many jobs. In the summer, keep the door closed so it doesn't heat up the whole house.

- **Use the heat in winter**

Once the food is cooked, open the door to let the warmth out into the room. Just be careful of children and pets.

- **Check your oven temperature**

Use an oven thermometer to determine whether your oven is at the correct temperature. This will improve the results of your cooking and ensure you're not using more energy than needed. Some ovens can be 75 degrees off in either direction.





## TIPS FOR USING YOUR OVEN

- **Use glassware** It cooks more efficiently, especially for baking.
- **Use enameled cookware**
- **It cooks faster than metal pans.**
- **Cover your food**

This keeps heat and moisture in, so food will cook faster. If the pan doesn't have a lid, use foil and remove before the recipe is finished if it needs to be browned on top.

- **Don't peek** Peeking lets out heat and wastes energy.
- **Adjust your racks**

The higher the rack, the hotter the food. The racks will also help the air circulate.

- **Fill the oven**

Many ovens have a large capacity. Plan recipes that need the same temperature and similar cook times to make the most of putting on the oven.

- **Thaw your foods** Don't try to cook them from frozen.
- **Keep the oven clean** This will save energy.

- **Try greener cookware**

There is a whole new generation of safe, healthy, and green cookware designed to prevent chemicals from getting leached into your food. It is also energy-efficient, durable, and versatile. Ceramic and silicone are two good examples. They can go from oven to table to the freezer and even microwave. They re-circulate heat and are easy to clean, with no nicks, pores, or scratches that might allow bacteria to lurk.





## USING SILICONE IN YOUR KITCHEN

Silicone has been advocated as a green product for a number of reasons. The first is in relation to the backlash over plastics which are potentially toxic. The second is in relation to trying to cut down on consumer waste by using non-stick silicone for muffins, cupcakes, and so on.

But what is silicone, and could it be toxic?

- **Food-Grade Silicone**

Food-grade silicone is non-stick and non-toxic. It does not leach onto food the way chemicals in plastic or foil can. It does not react to food or drink and it does not release any harmful gases when heated, the way other non-stick cookware like Teflon can.

- **What Is Silicone?**

Silicone is a manmade polymer made up of the elements silicon and oxygen. Silicon is an element found in silica; that is, common sand. It is therefore derived from a natural and renewable source. This makes it relatively clean and green, though it does require fossil fuels to be manufactured.

- **Recycling Silicone**

At present, there are no widely available recycling programs for silicone. However, it is so durable that if it is cared for well, it should last for a long time. It is not biodegradable, but nor is it harmful to water sources, soil, or wildlife.

**TIP: Stay tuned for the upcoming Green Home Mama silicone sandwich pouches.**





## USING SILICONE IN YOUR KITCHEN

- **Durability**

Silicone has been proven durable in the last 30 years through its use as baby bottle nipples. They have withstood repeated use, washing, steaming, being put into dishwashers, and more. They are therefore a much safer option than latex, which breaks down quickly and which some babies are allergic to. In addition, silicone has been shown to be a safe and durable alternative to plastics containing BPA, which has been linked to cancer and diabetes.

- **Oven to Table to Freezer**

- Silicone is also useful because it can handle extremes of temperature. It can go from oven to table to the freezer and to the microwave without damage and without leaching into food or setting the microwave on fire the way metal will, or melting like some plastics.
- It is flexible, durable, and non-breakable. It is petroleum-free compared with plastics and is also odor and stain-resistant compared with plastics.
- It can be hand washed or used in the dishwasher safely. It does not have pores, so there is no danger of bacteria lurking in the cookware. It does not fade with washing or scratch like plastic or other non-stick cookware. No allergic reactions have been reported





## USING SILICONE IN YOUR KITCHEN

### • Shopping Tips for Silicone Cookware

- Make sure it is 100% silicone. Fillers, dyes and coloring can introduce dangerous chemicals into the cookware and also make it less durable. Any colors should be BPA-free.
- Don't be tempted by cheap imitations such as thermoplastic rubber (TPR). They may look and feel like silicone but they are not as durable, can't be used in high temperatures, and may melt. This is because they are rubber applied over a plastic frame, and that frame may bend or melt.
- Some dishwashing detergents may leave spots or smells. Handwash, or use green products like Ecover. Care for your silicone-based cookware and it should care for your cooking for many years to come.

*Green News  
You Can Use*



Did you know that for every 80,501 paper towels that are not made and used, one whole tree is saved?



Based on the number of paper towels a family of 4 uses in one month in North America, by switching to a sustainable product such as the Green Home Mama Roll of Reusable Unpaper Towels each family can save **one tree every year!**





## ORGANIC FOOD

A lot of people interested in organic foods opt for organic in the belief that it is greener, or more environmentally friendly than commercially produced crops. But is this really the case?

- **Fewer Pesticides**

Organic foods are produced without the use of heavy-duty chemically-based pesticides, which is definitely better for the environment. Pesticides soak the edible plants and the ground. The rain can cause the chemicals to run off into bodies of water and be ingested.

Pesticides will often leave a residue on crops that can be difficult to wash off. In some cases, cooking the produce can actually make the pesticide even more potent and dangerous to humans.

However, not all crops need pesticides, and not all crops carry a risk of ingesting the residue. For example, if you don't eat the skin or peel, the food will be a lot less dangerous.

The non-profit Environmental Working Group (EWG) releases two lists every year:

- \* The Dirty Dozen
- \* The Clean 15

The Dirty Dozen are those foods highest in residue so they should always be bought organically, or grown yourself if possible.

[https://www.ewg.org/foodnews/dirty\\_dozen\\_list.php](https://www.ewg.org/foodnews/dirty_dozen_list.php)

This year, spinach tops the list, which is unfortunate because it is generally such healthy food.





## ORGANIC FOOD

The Clean 15 are foods that you do not need to spend extra money on in relation to organic versions. Print out the free wallet card from their site and take it with you every time you go shopping in order to ensure you're making smart choices.

[https://www.ewg.org/foodnews/clean\\_fifteen\\_list.php](https://www.ewg.org/foodnews/clean_fifteen_list.php)

- **Better Nutrition**

Some studies have shown that organic produce contains up to 40% more nutrients than commercially grown fruits and vegetables.

- **Increased Soil Fertility**

Fewer chemicals and more composting, crop rotation, and natural fertilizers mean better soil with more nutrients, which will then enable the naturally-growing plants to be more nutritious as well.

- **Shorter Distances Traveled**

The average piece of produce in a supermarket travels around 800 miles to get there. In contrast, organic produce is usually locally sourced. This means less fuel and more support for the local economy. This in turn supports the economy of the entire region.

- **Fewer Resources Used/Wasted**

Organic farms are usually a great deal more environmentally conscious and won't let the water go to waste or poison water sources or other farms with their run-off or toxic waste.





## ORGANIC FOOD

Vast amounts of resources are used up in relation to farm animals, particularly beef cattle, and huge amounts of pollutants are generated. More than 51% of greenhouse gases come from farming and 2,400 gallons of water are used to produce one pound of beef, compared to 244 gallons to make one pound of tofu.\*

\*<http://www.peta.org/issues/animals-used-for-food/meat-environment/>

- **Cruelty-Free**

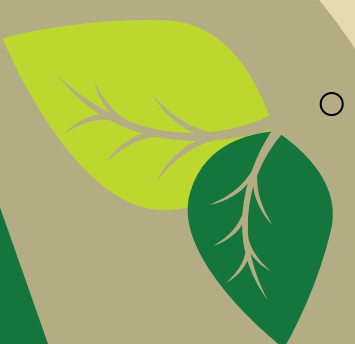
Factory farming can be cruel beyond imagination, especially in relation to poultry living in overcrowded conditions as battery hens for eggs and food. Free-range, organic eggs, and chickens used for food if a person is not vegetarian are far healthier and more sustainable.

Organic farming offers a more healthy and sustainable way of living that can be greener for the entire planet, provided that farmers adhere to the rules set down for foods and other items to be labeled organic.

To learn more, see

<https://www.ota.com/organic-101#sthash.jP3nKAVo.dpuf>

**As you can see, the case in favor of organic food is a strong one.**





## KITCHEN UTENSILS THAT ARE GREEN

There are lots of ways to go greener at home. The kitchen is one of the best places to do this. Go beyond recycling to greening your everyday kitchen and dining items.

- **Green Dinnerware** We are not suggesting you ditch your dinnerware, but if you have to replace it, look for dinnerware that is made from 100% recycled glass.
- **Green Containers** Try BPA-free plastic containers to cut down on food packaging like foil and wax paper. Also, use them for packing lunches for the whole family. Create your own and freeze meals by cooking in bulk and dividing them into homemade TV dinners. This will be healthier, save money, and cut down on packaging waste compared to buying frozen meals in the supermarket.
- **Cooking and Serving Utensils** Rosewood is a durable and sustainable material, which makes it an ideal choice for cooking and serving utensils. Invest in rosewood utensils such as salad servers, spoons, spatulas, cake servers and anything else that suits your lifestyle and level of entertaining. For best results, wash your wooden utensils by hand and oil occasionally with bamboo cleaning oil to keep them looking new.
- **Glassware** Green glassware should be durable and attractive. Aim for recycled glass and a range of sizes, such as small and tall glasses, wine glasses, pitchers, and more.
- **Mugs** Aim for durability. Steer clear of cheap mugs made overseas with potentially hazardous glazes. In terms of travel mugs, aim for stainless and recycled. Take care of the tops so the leak-proof seal does not wear out.





## KITCHEN UTENSILS THAT ARE GREEN

- **Serving Bowls** Recycled glass bowls or recycled metal bowls are durable and attractive and can be used for everything from fruit and bread to salad bowls. Invest in several bowls in different sizes. Choose a versatile design that will work well with your dinnerware and suit both formal and informal occasions.
- **Placemats** Placemats come in a variety of materials. Many are recycled or made from bamboo, which is strong and durable. Choose styles and materials that suit your décor and dinnerware. Look for Fair Trade items that support small business owners and craftspeople in the developing world.
- **Cutting Boards** Cutting boards should be made of wood. They are durable, take care of your knives, and don't breed germs the way plastic can. Aim for bamboo, which is sturdy and sustainable. Cutting boards come in all shapes, sizes, and colors.
- **Aprons** Think sustainable fabrics such as hemp and organic cotton. Your apron will also protect your clothes so you can cut down on laundry and all of the resources that are used up when you do it.
- **Dishwasher** Dishwashers are generally not considered to be green, but if you have a huge volume of washing up to do regularly, look for appliances with a high energy-star rating and that conserve water. Use greener cleaners and skip the steam drying. Let the cycle complete, then open the door to let them air dry. Or dry with a cotton dishcloth and then put away so your dishwasher will be ready for another load.





## GRILLING IN AN ECO-FRIENDLY WAY

Grilling isn't just a healthier way to cook these days. It can also be one of the greenest if you keep a few important considerations in mind. The main concerns will be in relation to air pollution and our carbon footprint when we grill. By planning ahead, we can make our grilling more eco-friendly and eat better than ever before as well.

- **Steer Clear of Petroleum**

Petroleum is often found in lighter fluid and easy-to-light charcoal. You can usually tell by the smell. Use an electric starter or natural lighter instead, such as a charcoal chimney, an electric charcoal starter, or "fat wood" - pine wood saturated with resin which is highly flammable. Light it and your grill will be ready in no time.

- **Choose a Quality Charcoal**

Not all charcoals are created equal. Look for natural charcoals and lump charcoal made from furniture scraps and waste wood with no chemical additives. This will reduce your pollution and also improve the flavor of your food.

- **Try a Gas Grill**

Gas grills are much more energy-efficient than charcoal grills and produce far less soot, fumes, and other pollutants.

- **Switch to Natural Gas**

If your family loves grilling, buy a grill that can run on your mains gas rather than bottled gas such as propane. *Natural gas is the cleanest fossil fuel, and burns more cleanly than propane.*

- **Lower Your Preheat Times**

Gas grills are ready to cook in 5 to 10 minutes, whereas charcoal take 15 to 20 minutes. Plan your food accordingly and don't let your grill burn longer than it has to.



## GRILLING IN AN ECO-FRIENDLY WAY

- **Plan Your Cooking Carefully**

Cook the food with the highest cooking temperature when the grill is at its hottest. Put vegetables and fish on the grill earlier and fruit for dessert later.

- **Pre-Cook Your Chicken and Meat in the Oven**

These days with salmonella, E. coli, and other food-borne illnesses, it is unlikely your food will get to a high enough internal temperature on the grill to kill off these germs. Bake your food in the oven until done, then transfer to the grill to get the great grilled taste.

- **Keep the Grill Clean** This will make it more efficient to cook on.

- Use Oiled Foil for Foods That Are Sure to Ooze or Stick
- Make little foil parcels with small holes poked in to cook fish and other delicate foods that might stick or fall apart and down into the grill itself.
- Clean the Grill When It Is Still Warm
- Wait until the grill is cool enough to handle. Then use water and baking soda to scrub it clean of food debris.
- Clean the Grill Inside Too
- Clean it out regularly so no debris accumulates.

- **Avoid Charring Food**

This releases more fume and pollutants into the atmosphere. Charred meat has also been associated with various cancers, such as prostate cancer.

- **Trim Excess Fat from Your Meat**

This is healthier for anyone who eats meat and also reduces fiery flare-ups that cause pollution and could even set your whole grill on fire. A good grill does not need to look like the Towering Inferno to give your food a lot of flavor.



## GROWING YOUR OWN FOOD

There's a boom in interest regarding organic produce being better for your health, but organic foods don't come cheaply. If you own a house with a garden, it might be time to consider whether you should start growing your own vegetables. Here are several suggestions for easy crops most people should be able to grow.

*Note: Have your soil tested at a local nursery for best results.*

- **Beans**

Beans can be grown on or off a pole. The pole will save space since they grow upwards rather than outward. Try Blue Lake and Kentucky Wonder. Pick often to keep the crop growing. Runner beans can grow upwards against any fence. Scarlet runner beans are gorgeous as well as tasty. Try bush beans if you have a lot of space and don't want to use poles or your fence.

- **Beets**

Try Early Wonder or Golden varieties. The tender beet greens can be eaten in salads and the tender young beets can be eaten raw. Allow them to mature fully, and they can be roasted and peeled.

- **Carrots**

Carrots work well in most soils, and even in container gardens. The Thumbelina variety is sweet, tender, and sturdy.

- **Greens**

There are many edible greens worth exploring. Some of the most common, which you can grow easily and use in salads or cook, include:

- \* Collard greens
- \* Dandelion
- \* Mustard greens







## GROWING YOUR OWN FOOD

- **Lettuce**

There are many varieties of lettuce in different colors and with different growing cycles. Aim for a fluffy-leaved lettuce like New Red Fire or Little Gem. They can even be grown in a container.

- **Onions**

Onions are planted as sets, or tiny onions, and grow into the hearty vegetable that is idea for soups, salads and stews.



- **Peas**

Snap and snow peas are healthy, tasty, and grow quickly. They like cool weather and start producing a crop within about 2 months.

- **Peppers**

Peppers come in all different shapes, sizes, and colors. They are rich in vitamins (including vitamin C) and are thought to help with a range of health conditions, including arthritis. Use them in Italian or Mexican food.

Easy varieties to try include the Banana pepper or the miniature Jingle Bell pepper, which both have a short growing cycle. Jalapeños grow quickly as well, but be careful - they can burn your hands if you don't pick them carefully or cut them up correctly.

- **Pumpkins**

Pumpkins are delicious, nutritious, and fairly easy to grow. Small varieties with a good yield include Baby Boo and Jack Be Little. If the kids want a pumpkin for Halloween, try sugar pumpkins since they make the best pies.





## GROWING YOUR OWN FOOD

- **Radishes**

These red and white salad vegetables are easy to grow in early spring and late summer, and best eaten when young. They grow quickly and are easy to harvest. Varieties to try include Cherry Belle and Easter Egg.

- **Spinach**

Spinach is a superfood and therefore one of the best crops to grow, alongside your lettuce. It loves cool weather and sandy soil.

- **Tomatoes**

Cherry and grape tomatoes are super-simple to grow and lovely to look at.

**Try growing some of your favorites from this list.**

**Enjoy your harvest!**

**Can you see us do the happy dance?**

**We are so grateful that you made the choice to switch to reusable unpaper towels!**

**Please know that you are supporting our small family business owned by a busy mom turned entrepreneur.**

**Operating out of New Jersey, USA, our small business designs and shares with the world eco-friendly products which minimize waste and are safe for our families, pets, and our ultimate home: Planet Earth.**





## THE STORY OF OUR BRAND

### Our story:



"Mommy, trees are for hugging not for paper towels..."



When my son was around five years old, he made a big spill on the kitchen floor. At the time, we were still using paper towels and on that day we had to use up an entire roll to wipe up the mess.

My son wanted to know what paper towels were made from. I told him they were made out of trees. His little face turned sad and he immediately said: "Mommy, trees are for hugging not for paper towels."

I was speechless. My young child understood the huge negative impact we have on our planet's resources.

That was the moment when I envisioned my mission going forward. After all, I owed it to my son: to do my best to find ways to minimize waste and replace wasteful products in my home with sustainable ones. Through my small business and thanks to you, my customer, this vision has turned into reality!

