

Project Green Challenge 2015

My Portfolio: Claire August

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Claire's EcoFeast!!

I was so excited about this challenge, as I helped my friend Charlie cook at his EcoFeast last year and we ended up having a great time. I also moved into a new apartment in August so this was the first time my friends Erica, Sam, and Chance were visiting. I decided to invite Erica and Sam, two of my former residents, and Chance, a fellow RA from last year.

I decided on a menu based partly on seasonal foods and partly on what I already had at home. The menu I decided on was linguine with garlicky breadcrumbs, Moroccan carrot salad, lemon cookies, and a honey-ginger-lemon soda drink. This was about to be a long afternoon! I made a shopping list of lemons, ginger, garlic, and carrots and set off to Whole Foods Foggy Bottom to start my EcoFeast journey

I grabbed some organic garlic, ginger, and carrots; that was easy. It was an added bonus that ginger and garlic are in season! But when it came time to pick some lemons, I found I had a choice to make. The organic lemons only came in a mesh bag of about 15, when the conventional ones were package-free.



I debated the pros and cons in my head for awhile, but as I choose to shop package-free, I decided to go with conventional. It's really unfortunate that Whole Foods didn't offer a package-free option for organic lemons! I used bags from produce my mom bought me (since she doesn't understand my wish to go package-free...I'm working on it!) to shop,



with my carrots in an apple bag, my ginger in a reused produce bag, and my lemons in a mesh clementine bag. I checked out and bagged my groceries in my favorite Michelle Obama reusable shopping bag. The total came out to \$5.76, leaving me plenty of room in my budget of \$16 total, which was more than enough for the ingredients that I used from my pantry at home.



I got home and it was time to cook! I started with the lemon cookies. I used the recipe here: <http://allrecipes.com/recipe/11605/luscious-lemon-snaps/> In this recipe I used organic cane sugar and vanilla extract and non-GMO canola oil.



I first had a lot of squeezing and shredding of lemons to do. Once I had that, I combined the dry ingredients in a big bowl, then the wet ingredients, and I had dough! I put the dough on the cookie sheets and baked them for 15 minutes.



I then moved on to the carrot salad. For this side dish I loosely followed this recipe: <http://low-cholesterol.food.com/recipe/moroccan-carrot-salad-50012> However, I omitted the sugar and instead added ginger. This recipe was fully organic! I started by grating the carrots and then added the rest of the ingredients to the grated carrots.



During this time, the cookies came out and looked and smelled delicious! When I finished the carrot salad, I realized my friends were coming over at 7:30 and that I needed to cook quickly and get my act together. I didn't take any pictures of the process of making the main dish, but I asked my friends to take one of me when they arrived!



For the main dish, I followed this recipe:

<http://www.myrecipes.com/recipe/linguine-with-garlicky-breadcrumbs> but instead of making my own breadcrumbs I used premade whole wheat breadcrumbs from Whole Foods. In this recipe my olive oil, garlic, linguine, and parsley were organic! I started by cooking the linguine and simultaneously cooking olive oil and garlic. I then added the breadcrumbs and browned them, and then tossed the cooked pasta with the rest of the ingredients.

As I was focusing on this, I had Chance put together and test the drink I had in mind! I had shredded ginger, local organic honey, and leftover lemon juice and we added it to seltzer. For a total whim of an idea, it turned out very delicious, and is now something I am going to make whenever I'm in the mood for drinking something sweet, since I don't drink conventional soda. The honey is from my favorite stand at the Dupont Circle FRESHFARM farmers' market, New Morning Farm.

We were finally ready to eat, only about 40 minutes behind schedule! I explained the significance of FLOSN and why each part of it is important to our health and the environment to my guests.



I got rave reviews of everything, especially the cookies and linguine. Erica used the stainless steel cup I got at the Conscious College Road Tour last semester! I also realized this meal was accidentally vegan (if you count honey as vegan, which I do). Sam told me, "I can't believe this hippie food meal was actually delicious." I'll take the backhanded compliment. The only thing better than this meal was that I had leftovers- carrot salad in my fridge for dinner the next night and cookies for the rest of the week!





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The George Washl...

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klaraugustfotografi #klarkooks back in the #consciouskitchen for an accidentally vegan #FLOS N #EcoFeast for @turninggreenorg #PGC2015. Ginger is in season and it's one of my favorite things, so I made Moroccan ginger carrot salad, garlic breadcrumb linguine, lemon cookies, & honey-ginger-lemon soda. Most ingredients were organic too. Props to @losee_c @_esz3 and @greeneggsplusam for helping and joining me for dinner! @_esz3 *garlicky
hannah_platyperry I love @klaraugustfotografi and @_esz3

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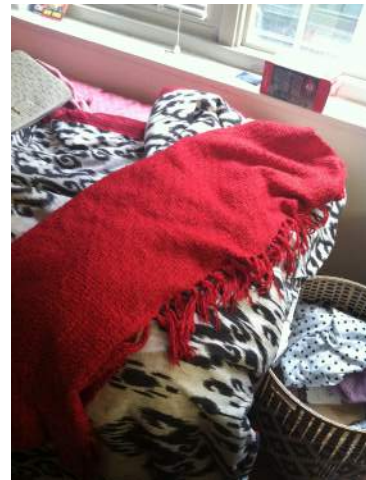
- **Bob's Discount Furniture Bliss Twin Mattress**

- Manufactured in China
- Made of polyfoam, resin, "knit fabric," FR fiber
- Polyfoam, or polyurethane foam, can contain methyloxirane and toluene diisocyanate, known carcinogens.
- My mattress is certified by CertiPUR-US, which I thought was good, but then I looked into the certification and realized that it was created by the Alliance for Flexible Polyurethane Foam, Inc.
- Alternative: <http://www.amazon.com/Roma-All-Latex-Mattress-Twin/dp/B00H8VFC48>



- **Martha Stewart for Macy's throw blanket**

- made in China
- made of 100% acrylic
- I read that acrylic fiber can irritate the skin of people with eczema. This was MIND-BLOWING for me. I have eczema and I've been using this blanket for a few years- I should keep track of when my eczema gets back and if it has to do with the use of my blanket.



- **Magnolia Organics Twin Bed Skirt**

- Made in India
- Made from organic cotton
- Safe and non-toxic ☺
- It's the same price as any other generic conventional bed skirt!

- **Cynthia Rowley sheets**
 - made in China
 - made of 100% polyester
 - Polyester might yield endocrine disruptors, according to a 2010 study. It is also highly flammable so usually treated with flame retardants
 - I was shocked that Polyester might have such serious effects, especially since polyester is one of the most widely used fabrics in clothing, etc!



- **Ikea desk lamp**
 - made in China
 - steel and nickel-plated
 - Nickel is safe as long as you're not allergic to it!



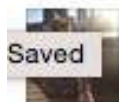
Claire August @clairenaugust · 47m

Nat. latex mattresses r recyclable/biodegradable & mold/mildew resist. Better than polyfoam #PGC2015 @TurningGreenOrg



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I picked my Garnier SkinRenew Miracle Skin Perfector, which I use when I want to put more of a “face” on than just concealer under my eyes. I was shocked to find out that it got a 10/10 rating on the Dirty Meter! The potentially hazardous ingredients are octinoxate and fragrance. Octinoxate is a known and studied endocrine disruptor, affecting several body functions including development, brain, and metabolism. Estrogenic disruption has been linked to breast cancer. It says to avoid use whenever possible! I found an alternative in Juice Beauty Stem Cellular Repair CC Cream. It’s available at Ulta, and contains ethylexyglycerin, zinc oxide, polyglyceryl-10 laurate, sorbitan stearate, ricinus communis, and magnesium sulfate, among other 0-rated ingredients on the Think Dirty app. It costs \$39. The most “dangerous” ingredient in this product is ethylexyglycerin, which only has a 4 rating (much better than Garnier’s 10 rating for octinoxate), and it is formulated with organic ingredients. I am DEFINITELY making the switch. How could I not?? I was blown away by how dangerous the Garnier BB cream can be for me. It might be more expensive, but I don’t mind paying \$15 more for a product that won’t give me cancer.



Claire August

Just now · Washington, DC ·

Today as a part of the Turning Green #PGC2015 Body challenge, I found out that my favorite Garnier BB cream contains octinoxate, a chemical that's a known endocrine disrupter, affecting development, brain, and metabolism, and has been linked to breast cancer. Needless to say, I will be making the switch to this Juice Beauty CC cream ASAP. We have to look out for what's in our cosmetic products, because unfortunately the FDA doesn't require any testing of cosmetics before they go on the market. Check out this [Grist.org](http://grist.org/.../2010-07-22-annie-leonard-story-of-stuff.../) article about the cosmetics market in the US and what we should know before we buy. <http://grist.org/.../2010-07-22-annie-leonard-story-of-stuff.../>

	<p>Stem Cellular CC Organic Cream, Natural Stem Cellular Skincare Repair, Natural Face...</p> <p>Beyond BB Cream, this 12-in-1 multi-tasking CC cream (color correcting) delivers the ultimate in age...</p> <p>JUICEBEAUTY.COM</p>
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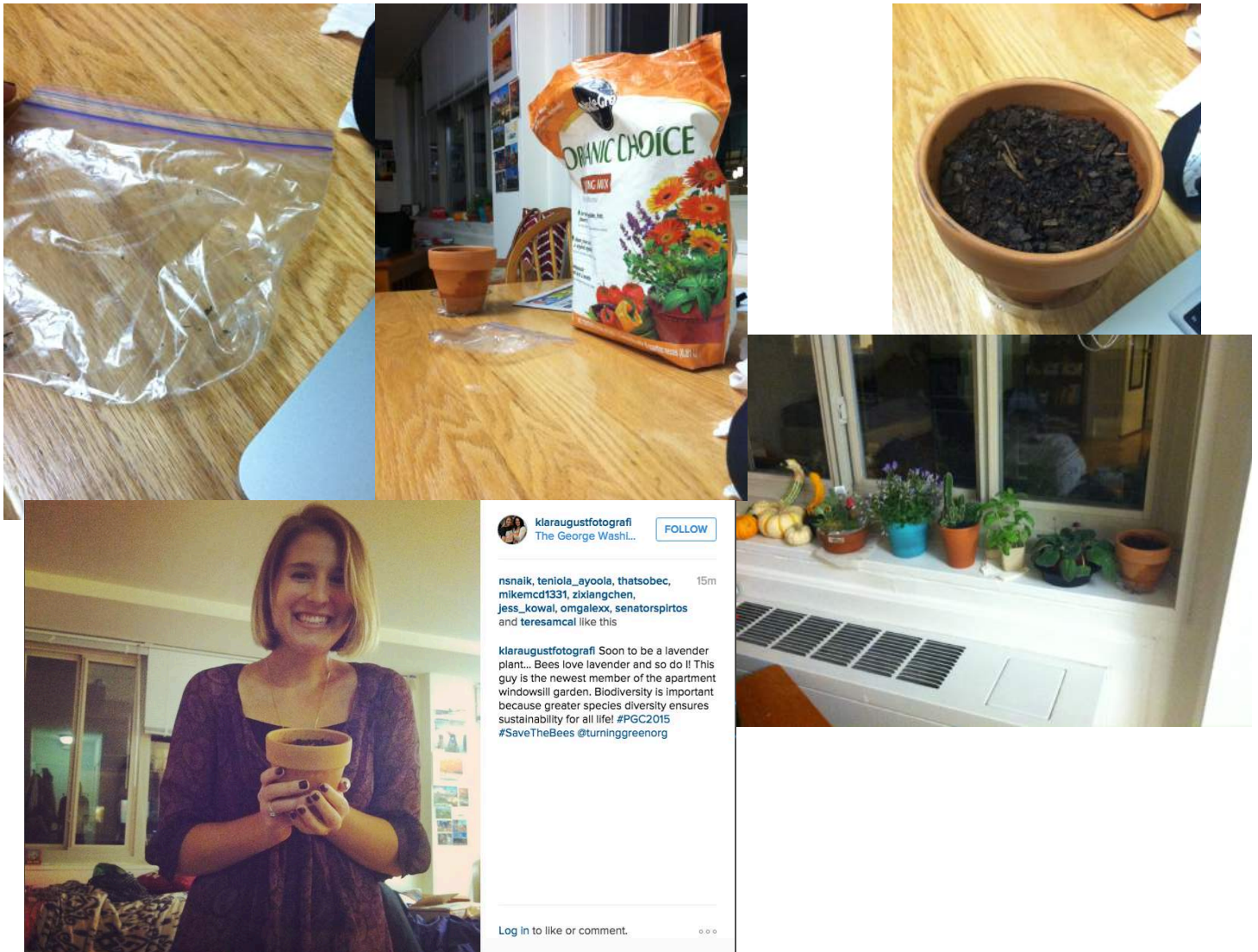
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My roommate and I have a cute little windowsill garden in our apartment, so we were excited to add to it, especially in the name of promoting biodiversity! For this challenge I headed up to local hardware and garden store District Hardware store to grab a pot and some seeds. Unfortunately, since it's the end of the growing season, the store didn't have any seeds! I purchased a small terra cotta pot, and started thinking about where I could find some seeds. I contacted the executive board of the environmental club on campus that I'm involved with, Green GW, and asked if they had any to spare. My friend Charlie, the president, had some spare lavender seeds! I looked up the growing conditions for lavender and it looked as though the conditions on my Washington, DC apartment windowsill would be perfect. My roommate had leftover potting soil I could use, so I was in the clear!

When I got home, I added the soil to the pot and pushed my seeds in, and then watered them. That was it! Now I have to wait a bit before they start to show germination, and I actually can't wait. Lavender is one of my favorite smells, and it'll give my apartment such a pretty purple touch. 😊 I added it to our windowsill garden and it fits in great with our other plants. Can't wait to see how it turns out!



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<https://greengwblog.wordpress.com/2015/10/11/hemp-sustainability-secret/>



Claire August

Just now · Washington, DC ·

I wrote a blog post on the Green GW blog about #hemp for Turning Green #PGC2015 today!



Hemp: Sustainability Secret

By Claire August Hemp is an extremely versatile and sustainable crop. Its uses can range from making clothing to food to paper to building supplies, plastics, and fuel. And it's extremely sustain...

GREENGWBLOG.WORDPRESS.COM

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Meatless Monday!

I'm a vegetarian, so every day is meatless for me! However, I made this Meatless Monday extra special by enlisting my friend Christina in the movement with me and teaching my coworkers at lunch about the benefits of Meatless Monday. Christina is my best friend from home who has been really interested in my progress with Project Green Challenge and has offered to help when I need it! However, she's studying abroad in Scotland. This was finally a challenge she could help with! Because of the time difference, when I got the challenge today Christina had already eaten breakfast, luckily meat-free. I asked her to participate in Meatless Monday with me and she agreed!

For me, I had chai tea and oatmeal with lemon, honey, and ginger for breakfast. Lunch came around, which I ate with my coworkers, and I had a peanut butter and jelly sandwich made on homemade bread, banana chips, an organic golden delicious apple, and some trail mix. I told them all about Meatless Mondays and we actually talked about bees and Colony Collapse Disorder! It was a really cool conversation. For dinner, my student org Green GW was actually hosting a Chipotle party for PGC participants, so that was easily meatless! I enjoyed my bowl with fajita vegetables like I always do. I felt great today eating healthily, plant-based, and zero waste. To go vegan on Mondays in the future I wouldn't have to make that many changes, as I believe the only non-vegan food I had was my bread which included eggs. Vegan Mondays sound totally reasonable, as I've discovered on this PGC journey that sometimes I eat vegan without even noticing it!

Meanwhile, Christina sent me a report around 10pm her time on how the day went for her. She is a Division 1 athlete in rowing, and we've had debates on whether people (especially athletes) need meat or animal products for protein, so I was really impressed she went meatless for the day!

Hey Claire!

I had a great Meatless Monday in Scotland today!

After my lift, I started the day with a popular breakfast here- a Bircher Muesli bowl. I could best describe it as a typical overnight oats recipe: Greek yogurt with rolled oats, nuts, dried fruit, and shredded apple. (No haggis for me today!) For lunch I had three scrambled eggs with crushed pepper and a few glasses of grapefruit juice. Dinner was a vegetable medley of peppers, onions, and cauliflower with baked avocado on the side.

I'm so happy I went meatless today. I feel great about the fuel I put into my body! It totally makes you feel lighter and I definitely don't feel any lack of energy or anything. I think I'm going to start incorporating more meatless days into my schedule!!