

# The Green Times

Mission Statement: Working to save the day the green way!

## How to Really Celebrate Arbor Day

By Alex, Beau, and Doug

Arbor Day is a holiday that not many people celebrate (Arbor day means tree day). Arbor Day is on April 30<sup>th</sup>. Parties aren't what nature wants. The streamers, plastic silverware, paper plates and dirty water just make it worse. Here are a few ways to celebrate:

1. Pick up litter and invite friends to help to made it more fun.
2. Use reusable items instead of throwing things away at your party.
3. Plant something—you may be thinking tree, but any plant helps.
4. Bike, walk, car pool, or bus, just don't drive alone if possible.
5. Eat "green," local and organic food.

Those are just a few of the many ways to celebrate Arbor Day, but remember you don't have to be green only on Arbor Day, make every day Arbor Day for a healthier Earth!

## Strawberry Rhubarb Pie

By Eli B, Lee, and Diallo

Now that strawberries and rhubarb are in season, we have found a strawberry rhubarb pie recipe for you to enjoy, here it is:

### Ingredients:

3 cups of rhubarb stalks cut into 1/2 inch pieces  
 1 cup of stemmed and cut strawberries  
 1 cup of sugar  
 1/4 teaspoon of salt  
 9 inch graham cracker crust

### How to make it:

1. Preheat oven to 400 degrees Fahrenheit
2. Mix the rhubarb and strawberries with the sugar and salt. Let sit for 10 min.
3. Put the filling into a graham cracker crust lined pan
4. Bake at 400 degrees Fahrenheit for 20 minutes then reduce it to 350 degrees, then bake for 30-40 minutes more
5. Cool on a rack
6. Cool to room temperature if you want the juices to thicken
7. Enjoy!

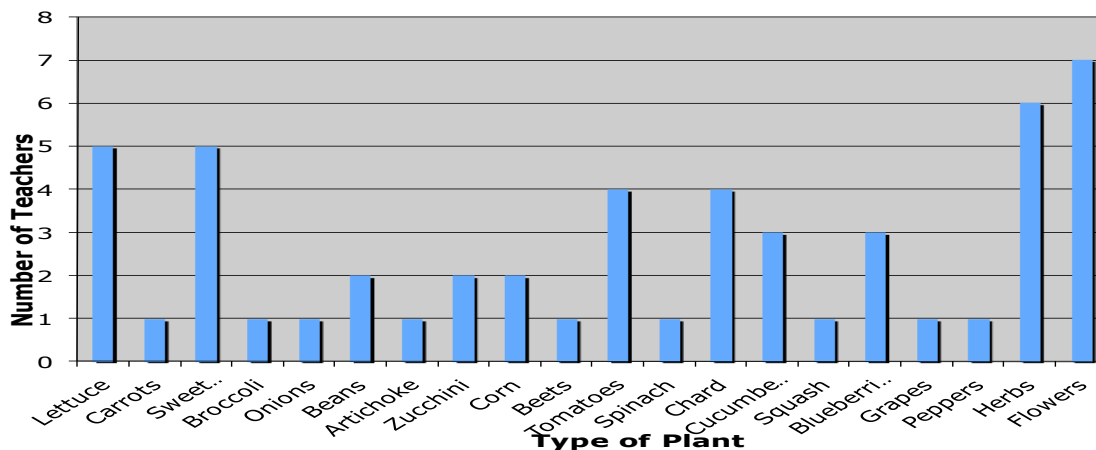
We hope you enjoy cooking this delicious breakfast, lunch, dinner, or dessert. Bon Appetite!

## Spring Gardens

By Matt, Patrick, Sebastian and Nate

We did a survey on what teachers are planting in the garden for spring and found out all the teachers we surveyed will plant at least one plant. The teachers we interviewed were Allen, Ms. Forbes, Ms. Yorde, Ms. Adams, Ms. Carpenter, Jackie, Ms. Gingrich, Ms. Lee, Ms. Grandbois and Ms. Stump, ten in all. The most common plants they are going to plant are flowers, herbs, lettuce, and sweet peas. The fewest number of plants a teacher planted was one plant. The most plants anyone planted is by Allen who will be planting 12 new plants for his spring garden. Overall there is a large variety of plants that our teachers will plant.

**What Teachers Are Planting**



## Green Lemonade Stand

By Taylor, Emily, and Anna

Have you ever wanted to make a lemonade stand that doesn't affect the environment? Here is your chance! To make a green lemonade stand, you will need non-pesticide mint from your garden, four organic fresh lemons from your local farmer's market, one quart of boiling water, and half a cup of raw local honey.

Our green method is to first wash and juice your lemons. Put your lemon peels in a bowl and add honey and water. Let this mixture sit for approximately 30 minutes in order to release the lemon oils. When the mixture is cool, remove the peels and add the lemon juice. Next, chill your mixture and garnish it with fresh mint.

For you lemonade stand find cardboard boxes in your attic or garage. Next, cut the sides off your boxes. Decorate your sign with colored paint. Serve the lemonade in biodegradable cups. Have fun with your environmentally friendly lemonade stand!



## How to Protect Water Ways

By Hannah, Liv, Corinne

If you're looking for a way to help the environment, here's an idea, help the rivers. You can help save the rivers by doing some of these ideas. First, don't litter, because it pollutes rivers and lakes, and also kills wildlife. Next, use less paper. If you use less paper, then not as many trees will be cut down. Trees protect rivers from erosion because if trees were not there, rainwater would turn dirt on the riverbank into mud. The runoff goes into the rivers, which can kill salmon eggs. Finally, don't put pesticides on your garden or crops because they can leak into nearby rivers, storm drains, lakes, etc., and it can kill water plants and wildlife. In conclusion, if we just make a few small changes, you can help water environments.

## Schools Go Green!

By Josephine, Rachel, and Cooper

You may know about Montlake's Green Team and how they are helping to get our school certified as a Green School, but did you know that this year many other Seattle public and private schools have decided to go green too? Here is the list of some of the schools that are going green.

Garfield High School, Graham Hill Elementary, Jane Adams K-8, Lake Washington Girls Middle School, Montlake Elementary (that's us!), Sanislo Elementary, Seattle Waldorf School PK-12, Springbrook High School, St. Joseph's K-8, St. Thomas Elementary, The Center School, The Valley School

Things schools and homes can do to go green:

1. Teachers—Teachers can teach students about global warming, climate change, and renewable resources.
2. Parents and kids—If every home in America replaced one incandescent light bulb with an Energy Star compact fluorescent light bulb then in one year it would save enough energy to light more than 3 million homes!

This is just a handful of all of the green schools in Western Washington, but there are many more schools participating. Parents, please help Montlake School reduce our carbon footprint in any way!

## Interview with a Locavore:

Jerry Traunfeld of POPPY

By Luke

On Sunday afternoon I went to Poppy and interviewed the chef and owner, Jerry Traunfeld. He seemed committed to the locavore idea. Also he was calm and thoughtful. It was very kind of him to let me in even though the restaurant was closed and everyone was very busy.

I asked him what is in season now. He said cress and lettuce, which he grows in the garden in the back of the restaurant. He also expects to have asparagus next week.

Next, I asked him which of the foods he cooks with are the most local. Other than food from the garden, another thing he mentioned was the flower of maple trees, which he uses for a dessert. Stinging nettles are also in season in Seattle. These are wild plants that adjust to the temperature of Seattle in spring. He cooks with emmer, a type of grain also known as faro. It comes from eastern Washington. He said, "We use crazy ingredients here."

After that, I asked him what was the least local thing he used. He said the least local things he uses are hearts of palm, which come from Hawaii. Hearts of palm are the inside of young palm trees. There is a sustainable farm in Hawaii. Like my mom, he sometimes uses Basmati rice, from Asia. He also uses avocados, which are not local.

This restaurant seems great and I would like to eat here someday.

## Recycled Art and Fashion

By Clare, Marlowe, Tiona, and, Helen

Don't you ever have the feeling that you want to be green and fashionable at the same time? Well here are some ideas on how to make some recycled clothes.

Have you ever thought that throwing away newspaper is a waste? Well instead of throwing it away you can just roll it up, tie some string around it and you have yourself a recyclable head band. If you have an old skirt or old jeans, just cut the bottom off, sew the opening, and then you have your own hand bag!

This year Seattle's Green Festival is having its first eco-fashion show on June 5<sup>th</sup> and 6<sup>th</sup>. If you go to the Green Festival, maybe you can get some fun ideas on how to make recycled clothes. Last year at Seattle's Trash Fashion Show they used Ethernet cords, left over candle wick pads, bottle caps and much, much more.

In 2005 at the famed New York fashion week the nonprofit Earth Pledge and upscale clothing retailer Barney's sponsored a special runway show. At the show, famous designers showed clothes made from recycled cloth and materials including recycled poly and bamboo.

We hope that you enjoyed our ideas and facts about green fashion and we hope that you will use ideas for many other things. For more information about green fashion Google "eco friendly fashion show Seattle."



## Capri Sun Wallets

By Kayla, Eli and Brittany

Do you know how to make a wallet out of Capri Sun juice pouches? If you don't, you would want to read this article about how to make a tri-fold wallet.

Materials:

- 5 empty Capri Sun or Kool-Aid Jammers juice pouches
- X-Acto knife
- Sewing machine (or needle and thread)

First collect 5 empty Capri Sun Pouches. Clean the pouches with hot soapy water and let them dry. Use your X-Acto knife to cut off the back of each pouch, leaving the seam attached. Use three front pieces that you cut and you sew them together so that it is at least ten inches long, this is the outside of the wallet. For the inside of the wallet, repeat this again. You should now have two ten by four inch pieces. You can now add inner pockets if you wish. To do this sew them to the inside part of the wallet. Or make card pockets that measure 3.5 inches by 3.25 inches for the pocket in the middle and 3.75 inches by 2.5 inches for the pocket for each of the sides. You can also cut smaller rectangles to make more pockets. You can sew the front and back pieces together leaving one side open for your bills. Now your wallet is complete. We hope that you have fun making this project!

