

Siena Heights Sustainability Guide





Siena Heights University

Is hereby recognized by the Association for the Advancement of Sustainability in Higher Education as a STARS Bronze Institution based on its reported accomplishments in campus sustainability.

Awarded on June 17, 2019 and valid for three years.




Meghan Fay Zahriser, Executive Director



This beautiful paragraph from Pope Francis' *Laudatio Si* depicts the essence of sustainability:

159. The notion of the common good also extends to future generations. The global economic crises have made painfully obvious the detrimental effects of disregarding our common destiny, which cannot exclude those who come after us. We can no longer speak of sustainable development apart from intergenerational solidarity. Once we start to think about the kind of world we are leaving to future generations, we look at things differently; we realize that the world is a gift which we have freely received and must share with others. Since the world has been given to us, we can no longer view reality in a purely utilitarian way, in which efficiency and productivity are entirely geared to our individual benefit. Intergenerational solidarity is not optional, but rather a basic question of justice, since the world we have received also belongs to those who will follow us. The Portuguese bishops have called upon us to acknowledge this obligation of justice: "The environment is part of a logic of receptivity. It is on loan to each generation, which must then hand it on to the next". An integral ecology is marked by this broader vision.

STUDENT SUSTAINABILITY GUIDE

The Siena Heights' Sustainable College Committee was established in the fall of 2013 to promote the concept and practice of sustainability into all college processes. As sustainability is not living in ideas alone, strategies are also needed to move towards greater sustainability in the maintenance and development of our Adrian campus. Some of these projects include a comprehensive recycling program, enhanced energy conservation and utilization of renewable energy sources, a poison-free campus environment (e.g. no use of pesticides, fertilizer, petroleum tar, etc.), enriched foods in our cafeteria (organically, locally, and humanely produced), and the integration of SHU into the global community of environmentally and socially responsible universities. Since these projects are campus-wide, the Sustainable College Committee includes faculty and staff members from every major department, representatives of the administration, a number of students of various majors, and several Adrian Dominican Sisters.

Sustainability is often defined as: *"Meeting the needs of the present without compromising the ability of the future to meet their own needs."* - Gro Harlem Brundtland

With this in mind, this handbook provides a variety of tips for living an environmentally responsible lifestyle as a student. We can all help make the sustainable difference by learning about sustainability — and living it every day. We hope this Student Sustainability Guide will help. Please use it as a regular reference for information and insights on the following topics:

- 1 Eco-Tips
- 3 Sustainable Weekends
- 4 Environmental Groups / Student Organizations
- 7 Transportation
- 8 Reduce, Reuse, Recycle
- 9 Earth Conscious Shopping
- 10 Green Media





Eco Tips

(Based on The University of Michigan Sustainability Guide)

Energy use on campus contributes to greenhouse gas emissions and global warming. The more we can do to conserve energy, the more we can help to mitigate the increase of greenhouse gasses in the atmosphere. Whether you are living on campus, or in off- campus housing, please do your part to conserve energy. Every seemingly small action counts.

Simple Ways to Conserve Energy

- Unplug all electrical appliances when not in use.
- Dress appropriately for the season. For example, wear layers of clothing during the winter months so you don't have to turn up the thermostat. Keep thermostats set at 68 during the cold months and 76 during warm seasons.
- Remember to close doors and windows when the heating or cooling systems are on.
- During the winter, open blinds, drapes, and curtains to allow sunlight in for solar heat gain. In the evenings, close blinds, drapes, and curtains to reduce thermal heat loss.
- Use hot water sparingly.

Energy-Efficient Lighting

- Take advantage of natural daylight when possible. Open the blinds and turn off your lights.
- Consider using desk lamps ("task lighting") and reducing overhead lighting in the room.
- Replace burned out light bulbs with LED light bulbs where possible.
- If you spend a lot of time working at a computer, dim the lights in your room so you can easily see your computer screen without turning up the brightness level.

- Turn off lights when leaving a room.

Energy-Smart Computing

- Turn your computer off at night or when you are out of town. Also, do not turn your computer on until you are ready to use it. (Note: Turning your computer on and off will not harm it. The life of a monitor and computer is related to the amount of time it is in use, not the number of on-and -off cycles.)
- Know this: the best screen saver is no screen saver at all.
- Do not plug in your printer until you are ready to print. Printers consume energy even while they are idling.
- Cut down on printing by reading emails and documents on the computer screen.
- Take advantage of power-efficiency settings (available in the systems preferences of most newer computers).
- When typing documents, format your document to as few pages as possible by using a smaller font, decreasing line spacing, and using double-sided printing.
- Review your document on the screen instead of printing a draft.
- Always buy and use recycled-content paper. Look for paper with 50-100% post-consumer waste that is non-chlorine bleached.
- If possible, buy vegetable or non-petroleum-based inks. These printer inks are made from renewable resources, require fewer hazardous solvents, and, in many cases, produce brighter, cleaner colors.
- Recycle your print cartridges by contacting Staples (517-266-1176).

Water Conservation

- Use reusable BPA-free water bottles instead of plastic. It takes three to five liters of water to make just a 1-liter plastic disposable bottle.
- Eat lower on the food chain. It takes 5,000 gallons of water to produce one pound of meat, while producing one pound of wheat takes 25 gallons.
- Shorten your shower by a minute or two per day, and you'll save up to 150 gallons of water per month.
- Turn off the water while you brush your teeth, wash your hair and hands, and shave.
- Use cold to luke-warm water to hand wash dishes, not hot water. Also, don't let the water run while rinsing.

- Wash clothes in cold water to save energy and to help clothes to maintain their color.
- Share water conservation tips with friends and roommates.

Sustainable Weekends

Being sustainable does not hamper your fun! Here are some great tips to make your weekend plans fun and sustainable.

How to Throw a Sustainable Party!

- Instead of buying disposable plates, go to a local thrift store, neighborhood yard sale, or even your grandmother’s basement to stock up on plates for a chic and eclectic vibe. This can also be done with cups and silverware.
- Use natural light whenever possible to light the room.
- Bring your own cups! Have fun, and make a game out of it. Whoever brings the coolest cup wins a prize!
- Offer locally produced snacks and locally grown produce. (See pg. 13 for places to shop.)
- Serve healthy “finger food,” with no plates or utensils necessary.
- Ditch the speakers! Invite musician friends to perform cool music to dance to all night long!
- Ban cigarettes (and all that packaging). Who wants to smell bad anyway?
- Spread the word! Make sure your guests know that the food is locally grown and produced, or that there is a band instead of a DJ, which saves energy.

How to Throw a Sustainable Movie Night!

- Show environmentally focused films that are educational and entertaining. (See the suggested film list in the “Green Media” section of this guide.)
- Turn the lights off! It’s best to watch movies in the dark anyway!
- Eat locally produced munchies instead of microwave popcorn. It’s good for you and the environment!





Environmental Groups and Student Groups

(Local, Regional, National and International)

If you're interested in playing an active role in promoting environmental sustainability at Siena Heights, then you can choose from a variety of student-related groups on campus. Here's a list of just some of the groups that you can join to help generate awareness, think innovatively, and volunteer for this important cause:

(Scope), Name, Description, Link. Source:

sustainability.sienaheights.edu

Green Light [Local]

A group on campus that is used to spread awareness and teach Siena Heights students on the importance of sustainability. Environmental awareness club where they promote sustainability on campus and encourage others to live more green. They also plan environmental activities and projects on campus.

<https://twitter.com/Greenlightclub> (Twitter Page: @Greenlightclub)

Adrian Oil and Gas [Local]

Following what goes on with oil and gas exploitation in and around Adrian, Michigan - and how these events in our little city connect to the global environmental situation

<http://adrianoil.blogspot.com> (Website)

The Michigan Coalition Against Tar Sands (MICATS) [Local]

seeks to unite people towards a common goal of stopping all transportation and refining of tar sands oil in the Great Lakes Basin and advocating against the production/transportation of tar sands everywhere.

*Not active 2014 but site is up to view

michigan-coalition-against-tar-sands-mi-cats (Website)

Environmentally Concerned Citizens of South Central Michigan [Regional]

Environmentally Concerned Citizens of South Central Michigan (ECCSCM) is a 501(c)3 non-profit organized to educate the public on the health risks and the environmental damage Confined Animal Feeding Operations have brought to our community and its watersheds.

<https://www.facebook.com/pages/category/Nonprofit-Organization/Environmentally-Concerned-Citizens-of-South-Central-Michigan-210804175614310/> (Facebook Page)

<https://nocafos.org> (Website)

Sunrise Movement Ann Arbor, Ann Arbor, Michigan [Regional]

Sunrise is a youth movement to stop climate change and create millions of good jobs in the process. We're building an army of young people to make climate change an urgent priority across America, end the corrupting influence of fossil fuel executives on our politics, and elect leaders who stand up for the health and wellbeing of all people.

<https://hubs.sunrisemovement.org/ann-arbor> (Website)

<https://www.facebook.com/SunriseMvmtAnnArbor/> (Facebook Page)

<https://twitter.com/sunriseannarbor> (Twitter Page: @sunriseannarbor)

Extinction Rebellion XR Ann Arbor [Regional]

Extinction Rebellion is a decentralised, international and politically non-partisan movement using non-violent direct action and civil disobedience to persuade governments to act justly on the Climate and Ecological Emergency.

<https://rebellion.global/groups/us-ann-arbor/> (Website)

<https://xra2.org> (Website)

<https://facebook.com/XRA2-358243861777843> (Facebook Page)

<https://twitter.com/a2extinction> (Twitter Page: @a2extinction)

Ecology Center [Regional]

The Ecology Center is a membership-based, nonprofit environmental organization based in Ann Arbor, Michigan. Founded by community activists after the country's first Earth Day in 1970, the Ecology Center is now a regional leader that works for a safe and healthy environment where people live, work, and play

<https://www.ecocenter.org> (Website)

<https://www.facebook.com/EcologyCenter/> (Facebook Page)

https://twitter.com/Ecology_Center (Twitter Page: @Ecology_Center)

339 E Liberty St, Ann Arbor, MI 48104 (Ann Arbor, MI Location)

Great Lakes Echo [Regional]

Echo Great Lakes Echo is produced by the Knight Center for Environmental Journalism at Michigan State University (MSU). We foster and serve a news community defined by proximity to and interest in the environment of the Great Lakes watershed.

<http://greatlakesecho.org> (Website)

<https://twitter.com/GreatLakesEcho> (Twitter Page: @GreatLakesEcho)

<https://www.facebook.com/greatlakesecho/> (Facebook Page)

Stewardship Network [Regional]

The Stewardship Network connects, equips and mobilizes people and organizations to care for lands and waters in their communities.

<https://www.stewardshipnetwork.org> (Website)

<https://www.facebook.com/stewardshipnetwork/> (Facebook Page)

416 Longshore Dr, Ann Arbor, MI 48105 (Ann Arbor, MI Location)

Sierra Club Michigan and Ohio chapters [Regional]

The Michigan Chapter of the Sierra Club celebrated its 50th anniversary in 2017! It is the nationwide voice for the nation's oldest, largest and most influential grassroots environmental organization in both Ohio and Michigan!

<https://www.sierraclub.org/michigan> (Michigan Chapter)

<https://twitter.com/michigansierra> (Michigan Twitter Page: @Michigansierra)

<https://www.sierraclub.org/ohio> (Ohio Chapter)

<https://twitter.com/ohiosierraclub> (Ohio Twitter Page: @ohiosierraclub)

<https://twitter.com/SierraClub> (Foundation Twitter Page: @Sierraclub)

<https://www.facebook.com/SierraClub/> (Foundation Facebook Page)

Committee to Ban Fracking in Michigan [Regional]

State a Ballot Question Committee registered with the State of Michigan Bureau of Elections. We formed a state-wide ballot initiative to prohibit horizontal fracking and frack wastes in Michigan. We believe that only a ban will protect us.

<https://www.letsbanfracking.org> (Website)

<https://www.facebook.com/CommitteeToBanFrackingInMichigan/> (Facebook Page)

<https://twitter.com/LetsBanFracking> (Twitter Page: @LetsBanFracking)

Earthjustice [National]

Because Earth needs a good lawyer. Earthjustice uses the power of law and the strength of partnership to protect people's health; to preserve magnificent places and wild- life; to advance clean energy; and to combat climate change.

<https://earthjustice.org> (Website)

<https://twitter.com/Earthjustice> (Twitter Page: @Earthjustice)

<https://www.facebook.com/Earthjustice/> (Facebook Page)

Beyond Pesticides [National]

Beyond Pesticides Beyond Pesticides (formerly National Coalition

Against the Misuse of Pesticides) is a 501(c)3 nonprofit organization headquartered in Wash- ington, D.C., which works with allies in protect- ing public health and the environment to lead the transition to a world free of toxic pesticides. The founders, who established Beyond Pesti- cides as a nonprofit membership organization in 1981.

<https://www.beyondpesticides.org> (Website)

<https://twitter.com/bpncamp> (Twitter Page: @bpncamp)

<https://www.facebook.com/beyondpesticides/> (Facebook Page)

Pesticide Action Network North America [National]

Pesticide Action Network North America (PAN National North America, or PANNA) works to replace the use of hazardous pesticides with ecologically sound and socially just alternatives. As one of five PAN Regional Centers worldwide, we link local and international consumer, labor, health, environment and agriculture groups into an international citizens' action network.

<http://www.panna.org> (Website)

<https://www.facebook.com/pesticideactionnetwork/> (Facebook Page)

Food and Water Watch [National]

National Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainably produced.

<https://www.foodandwaterwatch.org> (Website)

<https://www.facebook.com/FoodandWaterWatch/> (Facebook Page)

<https://twitter.com/foodandwater> (Twitter Page @foodandwater)

Center for Food and Safety [National]

Center for Food Safety (CFS) is a national non-profit public interest and environmental advocacy organization working to protect human health and the environment by curbing the use of harmful food production technologies and by promoting organic and other forms of sustainable agriculture.

<https://www.centerforfoodsafety.org> (Website)

<https://www.facebook.com/centerforfoodsafety/> (Facebook Page)

<https://twitter.com/CFSTrueFood> (Twitter Page: @CFSTrueFood)

350.org [International]

350.org is building a global climate movement. Our online campaigns, grassroots organizing, and mass public actions are coordinated by a global network active in over 188 countries. 350.org

<https://350.org> (Website)

<https://www.facebook.com/350.org/> (Facebook Page)

<https://twitter.com/350> (Twitter Page: @350)

The David Suzuki Foundation [International]

The David Suzuki Foundation collaborates with Canadians from all walks of life, including government and business, to conserve our environment and find solutions that will create a sustainable Canada through science-based research, education and policy work.

<https://davidsuzuki.org> (Website)

<https://www.facebook.com/DavidSuzukiFoundation/> (Facebook Page)

<https://twitter.com/DavidSuzukiFDN> (Twitter Page: @davidsuzukiFDN)

GreenPeace USA [International]

Greenpeace USA Greenpeace is the leading independent campaigning organization that uses peaceful protest and creative communication to expose global environmental problems and to promote solutions that are essential to a green and peaceful future

<https://www.greenpeace.org/usa/> (Website)

<https://www.facebook.com/greenpeaceusa/> (Facebook Page)

<https://twitter.com/Greenpeace> (Twitter Page: @Greenpeace)

The Endocrine Disruption Exchange INC

International is the only organization that focuses primarily on the human health and environmental problems caused by low-dose and/or ambient exposure to chemicals that interfere with development and function, called endocrine disruptors.

<https://endocrinedisruption.org> (Website) *not in use, but can still be viewed

Organizations on Campus

Green Light

A group on campus that is used to spread awareness and teach Siena Heights students on the importance of sustainability. Environmental awareness club where they promote sustainability on campus and encourage others to live more green. They also plan environmental activities and projects on campus.

<https://twitter.com/Greenlightclub> (Twitter Page: @Greenlightclub)

Beta Beta Beta

The local chapter Xi Omega of the national biological honors society (tribeta.org) that acts as both an academic and service organization for students who are passionate about the biological sciences.

Microsoft Teams Link:

<https://teams.microsoft.com/l/team/19%3acf08ec2d456e4ef59a584d94eedc90%40thead.tacv2/conversations?groupId=8dd0f5e2-9964-44ad-b23b-8369de0a68e1>

Sustainable College Committee

This committee was established in 2013 to promote sustainability in all universities processes, including but not limited to the curriculum, operations, engagement, outreach and innovation. The committee is open to faculty, students and staff.

<http://sustainability.sienaheights.edu> (Website)

Transportation

Why hassle with traffic and parking? Save money and the environment with these transportation options for travelling on campus and in Adrian.

On Foot

The campus area is completely accessible for walking: At most, a 5-10 minute walk from anywhere on campus to every other building.

By Bike

Bicycling is an easy alternative to walking. It's faster and you don't have to worry about parking -- just don't forget your helmet! Safety first!

*Located in Ledwidge dormitories is a bike locker for you to store your bike.

Need a Bike?

There are a few bike stores located in Adrian that sell used and new bikes and offer repairs - one of them (Re-Bicycle Lenawee) charges only for materials and teaches you how to fix your bike on your own:

Re-Bicycle Lenawee

313 E Maumee St, Adrian, MI 49221

(517)-759-1427

<https://www.facebook.com/rebikelenawee/>

*This is also a non-profit

Mohr's Discount & More

629 E Maumee St, Adrian, MI 49221

(517)-263-0828

Meijer

217 US-223, Adrian, MI 49221

(517)-265-7820

<https://www.meijer.com/shop/en/store/45/>



Walmart

1601 US-223, Adrian, MI

(517)-265-9771

<https://www.walmart.com/store/1836/adrian-mi/>

Bus/Taxi

Don't have a car on campus? Here are some great ways to get around Adrian.

Dial-a-ride

517-265-6611

<https://www.adriancity.com/departments/transportation.php>

Reduce, Reuse, Recycle

(Based on The University of Michigan sustainability Guide)

Obviously, we can't enlarge the earth to accommodate all of our stuff. So, let's do our best to adopt the following helpful hints to minimize our consumption and waste (with particular focus on the "three Rs" in the order listed):

1. Reduce

- Buy only what you need and use all of what you buy.
- Choose products with minimal packaging. (Hint: Packaging should protect the product from damage, keep it clean and sanitary, and present product information; anything more than this is unnecessary and wasteful.)
- Purchase products in packaging that can be readily recycled and, even better, is made from recycled material.
- Buy in bulk. It will reduce waste and save you money in the process.
- Refuse bags at stores! When you buy one or two items at a store, carry them out in your hands or take a reusable bag with you to carry your purchased items.

2. Reuse

- When you are done using something or no longer want it (such as a book, a piece of clothing, a board game, or virtually anything else), then give it to a friend who can continue to put it to good

use.

- Sell old products on sites like Craigslist.org. Maybe you'll find something you need on the site yourself!
- Take along washable cups or travel mugs instead of disposables.
- When you do use disposables — like plastic cups, plates, utensils, and plastic food storage bags — don't throw them away! Wash and reuse them.
- Instead of replacing items when they break, repair them.
- When you replace something, donate the old one (if in good condition) to charitable outlets like Goodwill or Salvation Army.
- Hold a yard sale or give-away. And ask your neighbors to join in too.
- When you need to purchase something, check yard sales, charitable outlets, and resale stores first. (See list of reuse stores on next page.)

3. Recycle

Only after reducing and/or reusing your goods do you recycle what is left over! Fortunately, Siena Heights makes it extremely easy to recycle with recycling bins available throughout the main campus.

What can be recycled?

Recyclable

These items can be recycled in one container with All-in-One Recycling™



Paper

Newspaper
Envelopes
Junk mail
Phone books
Brochures
Magazines



Cardboard

Ream wrappers
File folders
Poster board
Frozen food boxes
Cardboard boxes
Milk cartons



Plastic

Water bottles
Take-out containers
Soda bottles



Aluminum/Metal

Aluminum beverage cans
Food cans
Scrap metal



Glass*

Beverage containers
Glass food jars

* Glass recycling varies by location.

Special handling

These items should never be mixed with regular recycling and require special handling.

Learn more at RepublicServices.com

Incandescent light bulbs
Fluorescent tubes
Computers & electronics
Needles or syringes
Hazardous waste
Paint
Toxic material containers
Yard waste

Non-recyclable

| | |
|---------------|-------------------------|
| Aerosol cans | Plastic bags |
| Aluminum foil | Shredded paper |
| Batteries | Stickers/Address labels |
| Clothing | Tissue |
| Food waste | Styrofoam |
| Napkins | Paper towels |
| Mirrors | Glass windows |
| Ceramic | Pyrex |

For more information on recyclables, visit RepublicServices.com



We'll handle it from here.™

Earth-Conscious Shopping List

Buying already used merchandise and/or donating unwanted items to thrift stores is an easy way to help reduce waste, as well as to save money. Below is some re-use and earth-conscious food stores:

Reuse Stores

Habitat for Humanity ReStore of Lenawee County

1025 US-223, Adrian, MI 49221

(517) 266-0746

<https://www.habitat-lenawee.org/restore> (Website)

<https://www.facebook.com/habitatlenawee> (Facebook Page)

<https://www.instagram.com/habitatlenaweerestore/> (Instagram Page: @habitatlenaweerestore)



Re-Bicycle Lenawee

313 E Maumee St, Adrian, MI 49221

(517)-759-1427

<https://www.facebook.com/rebikelenawee/> (Facebook Page)

*This is also a non-profit

Mohr's Discount & More

629 E Maumee St, Adrian, MI 49221

(517)-263-0828

Clothes Mentor

339 N Maple Rd #9A, Ann Arbor, MI 48103

(734) 263-2150

<https://www.clothesmentor.com/ann-arbor-mi/>

<https://www.facebook.com/clothesmentorannarbor/> (Facebook Page)

<https://www.instagram.com/clothesmentorannarbor/> (Instagram Page: @clothesmentorannarbor)

Goodwill

1469 US-223, Adrian, MI 49221

(517) 759-3600

<https://www.goodwillsemi.org/locations/> (Website)

Salvation Army

247 W Church St, Adrian, MI 49221

(517) 263-3650

<https://satruck.org> (Website)

Ten Thousand Villages - Fair Trade Products

303 S Main St, Ann Arbor, MI 48103

(734) 332-1270

<https://www.tenthousandvillages.com/annarbor#fndtn-home> (Website)

Food Stores Selling Healthy Organic Food

Adrian Meijer Store

Adrian Meijer has a good and reasonably priced selection in organic fruits and veggies.

217 E US 223, Adrian, MI 49221

517-265-7820

<https://www.meijer.com/shop/en/store/45>

Eden Foods

701 Tecumseh Rd, Clinton, MI 49236

(517) 456-7424

<https://www.edenfoods.com> (Website)

Suggest to Student Engagement that they drive a van once a week to Ann Arbor to shop at Trader Joe's and Whole Foods.

Trader Joe's

2398 E Stadium Blvd, Ann Arbor, MI 48104

(734) 975-2455

<https://locations.traderjoes.com/mi/ann-arbor/678/> (Website)

Arbor Farms Market

2103 W Stadium Blvd, Ann Arbor, MI 48103

(734) 996-8111

<https://www.arborfarms.com> (Website)

Whole Foods Ann Arbor

(734) 975-4500

3135 Washtenaw Ave, Ann Arbor, MI 48103

<https://www.wholefoodsmarket.com/stores/annarbor>
(Website)



Whole Foods Toledo

3420 Secor Rd, Toledo, OH 43606

(567) 803-7001

<https://www.wholefoodsmarket.com/stores/toledo> (website)

The Produce Station Ann Arbor

The Produce Station had its beginnings in 1979 as a response to the Ann Arbor community's desire for higher quality produce. Back then, the building was a wholesale warehouse for Frog Holler Produce Co. In July of 1986, The Produce Station was born from the vision of founder Rick Peshkin. In the beginning, his vision was to create a store to sell, educate and turn customers on to the highest quality produce. Eventually this vision grew to include selling a variety of quality ingredients to make a great meal at home and also cooking with these great ingredients in our kitchen and catering. The vision that started back then remains strong today under the leadership of owner Craig Schmidt, a little bigger, and a little more refined. Craig got his start working at his parents' store, Schmidt's Roadside in Plymouth, MI. Over the years he learned everything there is to know about produce, plants and running a business. <https://www.producestation.com> (Instagram: <https://www.instagram.com/producestation/>)

Farmer's Markets and Community Supported Agriculture

Best option: Community Supported Agriculture (CSA) - What' that?

A farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season. More at: <https://www.localharvest.org/csa/>

- **Find Local Community Supported Agriculture (CSA):**
<https://www.localharvest.org/search.jsp?map=1&lat=41.90424&lon=-84.05071&scale=9&ty=6&zip=49221>

- **Needle Lane Farms:** <http://www.needlelanefarms.com/> Tipton Farm offering year-round organic veggies and CSA (community supported agriculture). Facebook: <https://www.facebook.com/needlelanefarms/>.
- **Frog Holler Farm:** Frog Holler Farm has been selling organic produce at the Ann Arbor Farmers Market since 1972. We start the season with a large selection of organic vegetable and herb seedlings, specializing in many heirloom varieties. We start harvesting greens in May and continue to offer a wide selection of vegetables, some fruits and our specialty salad mix right through October, and sometimes up until Thanksgiving.
<http://froghollerorganic.com/> Facebook <https://www.facebook.com/Frog-Holler-Farm-162976867062727/>
- **The Michigan Farmers Market Association (MIFMA):** <https://mifma.org>
- **Adrian Farmer's Market:** <http://mifma.org/farmers-markets/adrian-farmers-market/> on Facebook: <https://www.facebook.com/pages/Adrian-Farmers-Market/151915178215362>
- **Madison Farmers' Market:**
<https://www.facebook.com/madisonfarmersmarketadrian/?rf=683431825006278>
- **Ann Arbor Farmers' Market:**
<https://www.a2gov.org/departments/Parks-Recreation/parks-places/farmers-market/Pages/default.aspx> (Ann Arbor Farmers' Market Facebook: <https://www.facebook.com/a2market>)
- **Manitou Beach Farmers' market** (Manitou Beach Farmers' Market Facebook: <https://www.facebook.com/ManitouBeachFarmersMarket>)
- **Hudson's Farmers' Market** (Hudson farmers' Market Facebook: <https://www.facebook.com/pages/category/Agriculture/Hudson-MI-Farmers-Market-445289872509571/>)
- **Tecumseh Farmers' Market:** <https://tecumsehfarmersmarket.com> (Facebook: <https://www.facebook.com/TecumsehFarmersMarket/>)



Green Media

(L: Library, B: Biology Department, Y: YouTube)

Environmental Documentaries

An Inconvenient Truth (L)

Food, Inc. (L)

Who Killed the Electric Car (L)

Call of Life (B)

Speciesism: The Movie (B)

Last Call at the Oasis (B)

Gasland I and II (L)

Our Rising Oceans (Y)

Planet Ocean (L)

Hometown Habitat (B)

Chasing Coral (B)

Home - the movie (Y)

Green (L)

Racing Extinction (L)

The world according to Monsanto (L)

The Reluctant Radical (B)

A River Of Waste (B)

Sonic Sea (B)

Stink! (B)

The Future of Energy: Lateral Power to the People (B)

Submission (Underkastelsen) (B)

The Goose with the Golden Eggs (B)

Resistance (L)

A Fierce Green Fire (B)

Lethal Seas (B)

Gringo Trails (B)

Racing to Zero, in Pursuit of Zero Waste (L)

The Messenger (L)

Mother: Caring for 7 Billion (L)

Trashed: No Place for Waste (L)

Life Running Out of Control (L)

Dirt Rich (B)

More than Honey (L)

Let's Make Money (L)

Tomorrow (B)

We're not broke (L)

Death By A Thousand Cuts (B)

At the Fork (B)

Before the Flood (B)

Sea the Truth (L)

Poisoned Water (B)

Anote's Ark (B)

Eating Animals (B)

What Lies Upstream (B)

Nor Any Drop to Drink (B)

The True Cost (B)

Environmental Dramas & Biographies

Avatar

A Civil Action

The Day After Tomorrow (L)

Erin Brockovich

Wall-e

The Moon by the Whale Light by Diane Ackerman

The Ravaging Tide by Mike Tidwell

Environmental Books

A Sand County Almanac by Aldo Leopold (L)

Coming into the Country by John McPhee

Eating Stone by Ellen Melpy

Ishmael by Daniel Quinn (L)

My First Summer in the Sierras by John Muir (L)

Pilgrim at Tinker Creek by Annie Dillard (L)

Red Sky at Morning by Gus Speth (L)

Refuge by Terry Tempest Williams (L)

Silent Spring by Rachel Carson (L)

The Land of Little Rain by Mary Austin (L)

Cookbooks and Guides for Living

The End of Nature by Bill McKibben (L)

Food Matters: A Guide to Conscious Eating by Mark Bittman

Food Rules by Michael Pollan (L)

The Green Book by Elizabeth Rodgers and Thomas M. Kostigen

The Old Farmer's Almanac (L)

Our Choice by Al Gore

The Story of Stuff by Annie Leonard (L)

ADS Permaculture Gardens

The Adrian Dominican Sister (ADS) Permaculture Gardens is located on the southeast side of the ADS campus. The gardens are home to various things such as fresh grown fruit and vegetables, rain gardens, worm bins, composting, and amazing views!

They strive to:

- build soil health
- attend to our water story
- focus on perennials
- increase biodiversity
- create contemplative space

Links to ADS Permaculture Garden website, social media

- <http://www.adriandominicans.org/Justice%7CPeace%7CCreation/Permaculture.aspx>
- https://www.instagram.com/permaculture_ads/
(Instagram Page: @permaculture_ads)

- <https://www.youtube.com/playlist?list=PLuoxvsAgi-bz2M2k1kmwhcBDu1Rn21eLt> (Youtube Playlist)



SIENA HEIGHTS UNIVERSITY

Contact us at: sustainability@sienaheights.edu

Learn More...and Stay in Touch

Visit the Student Sustainability Initiative on Twitter: <https://twitter.com/Greenlightclub> (Twitter Page: @Greenlightclub), and be sure to log onto <http://sustainability.sienaheights.edu>