

# THE ECO MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

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Try walking or bicycling for a really green way to get to your local farmers' market. If you need to drive, combine your visit to the farmers' market with other errands so you won't waste gas.

## DID YOU KNOW?

In the June issue, we featured an article on whether it's worth buying organic produce. Soon after publication, Dr. Nancy Krieger, Professor of Social Epidemiology at HSPH pointed out that this could be viewed as too narrow a focus. There is a much broader view to consider. Insecticides and herbicides are sprayed or spread across entire agricultural fields and therefore can affect both agricultural workers and broader ecosystems. Pesticides are found in water systems, the food we eat and also pollute the air. Thus pesticides affect not only humans (as producers and as consumers), but aquatic life, birds and amphibians. One more point to consider is that organic does not necessarily mean pesticide free. Now there's some food for thought!



## Green Labs Competition

Results from the first ever Longwood Green Labs competition are in. The winner is... the Clardy lab (HMS) from the Dept. of Biological Chemistry and Molecular Pharmacology with a total of 198 points. The winner from HSPH was the Kanki Lab from the Dept. of Immunology and Infectious Diseases. A total of 144 lab members from 16 labs across the HSPH and HMS campuses took part. Twenty nine -20°C freezers were defrosted, thirty six -80°C freezers

GREEN LABS TIPS

### Join our Green Labs Competition!

- ✓ 4 Weeks: July 7-31
- ✓ 3 Categories
- ✓ 2 Main Prizes
- ✓ Many Lucky Winners!

LAB COMPETITION


 REGISTER FOR THE COMPETITION: [coop@hsph.harvard.edu](http://coop@hsph.harvard.edu) or [sustainability@hsph.harvard.edu](http://sustainability@hsph.harvard.edu)

were defrosted and a whopping 28,229 samples were discarded. Six labs are turning off unused equipment and the De Vivo lab decommissioned a -80°C freezer. All of these actions will play a huge role in bringing down our energy use and save money overall.

Thanks to all those who took part and made this a great success. All participants will receive a prize. If your lab didn't take part this year, don't worry there'll be another competition next year.

## GREEN TIPSTER

When you go to the farmers' market, go grocery shopping or even shopping for shoes, remember to bring your reusable bag.



## Farmers' Markets

Farmers' Markets provide a multitude of benefits to consumers, local community and of course to the farmers themselves.

Spending money at local businesses, including local farms and food vendors, keeps your dollars circulating in and improving your community. You can stay and purchase items you may need at nearby stores, thus putting money back in to the local community. Some farmers' markets will match SNAP dollars, allowing EBT users to spend \$30 at the market for \$15 of EBT.



At a farmers' market, farm stand or CSA, you can ask the farmer directly about their production and labor practices to make sure you are supporting environmentally and socially sustainable businesses.

Local farmers' markets aren't only for food. They can be places to meet friends and neighbors, or take your family to for a fun day out. Many markets offer community programming and education for people of all ages. For example, the farmers' market at Harvard (Tues. 12-6PM, Science Center Plaza) usually features a chef demo and tasting, live music, community education tables, and a librarian who reads children's stories each week.

Another thing to consider is that the produce and other food items at farmers' markets are often fresher and tastier because don't travel far and are from local vendors.

A number of neighborhoods of Boston, Brookline and Cambridge have farmers' markets, so try and check them out. Some are listed below in the "Don't Miss This!" section.

## DON'T MISS THIS!

**EcoOp Meeting** August 21st at 11:00am, FXB G-3.

**Volunteer Fridays** Green Room, Basement of Building 1 (12-1pm).

**Farmers' Markets** **Tuesdays** Science Center Plaza (Cambridge) 12pm-6pm, **Wednesdays** HMS Courtyard Café 12pm-2pm, **Thursdays** Brigham Circle 1pm-7pm.

**City Safari to Brigham Circle farmers' market** August 14th at 12:30pm. Meet at Kresge Entrance.



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