

# THE ECO MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

ISSUE 26, OCTOBER 2014

An apple a day keeps the doctor away, or that's the saying anyway. It's October so that means it's prime apple picking season. Apple picking can provide you with a wonderful way to enjoy the outdoors and apples are a great source of fiber and vitamin C.

## DID YOU KNOW?

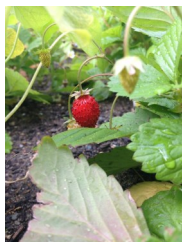


The green labs committee is hosting another freecycle. This time there will be a Halloween theme to the events. Please bring your Halloween costumes (especially those for kids), lab and office supplies that are in good condition.

There will be opportunities at both HMS and HSPH to drop and shop for free stuff. Some examples of items that have been donated (and taken!) at previous freecycles are lab coats, colored paper, binders, pipette tips and computer speakers. See the "Don't Miss This!" section for dates and times. Come and check it out and you'll never know what you might find.

## Countway Community Garden

It was a big year for the Countway Community Garden, which is finishing up its third year in operation. The garden, which is located next to Countway library (behind the bike cage), is run by a group of dedicated staff, student and faculty volunteers. This spring, compost was a big topic with the arrival of a new composter provided by EcoOpportunity and a donation of compost from City Soil.



With the donation of this compost, new plants grown this year included purple basil, ginger, peas, different types of mint and an assortment of bee-friendly wildflowers. The garden did make sure to keep volunteer favorites from past years including alpine strawberries, cherry tomatoes, oregano, lavender, chamomile, cucumbers and lemon verbena. The summer was not without its horticultural challenges with the fearless Longwood Medical Area squirrels munching on runner beans, carrots, kale and lettuce throughout the summer. Despite our furry neighbors helping themselves, the garden has enjoyed one of its most verdant and successful growing seasons to date. The garden volunteers celebrated the end of the Summer season in September with a Harvest Festival, which included a medicinal herb talk and a party in the garden with homemade baked goods, live music and tea made from dried herbs from the garden.

If you would like to learn more about the garden, get involved or join their mailing list please contact [countwaycommunitygarden@hms.harvard.edu](mailto:countwaycommunitygarden@hms.harvard.edu) or like them on Facebook.

## GREEN TIPSTER

Turn off the tap! When brushing your teeth that is, leaving the tap running while brushing your teeth can waste up to 5 gallons of water a day.



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## Green is the new Orange

Well, it could be... Halloween is a great occasion for kids and adults alike. However, it can also be quite a wasteful time of year. Here are some tips to go green for Halloween this year:



1. Reuse or swap costumes, get creative using fabric scraps or recycled cardboard or shop for accessories at resale or vintage stores such as the Garment District in Kendall Square, Boomerangs or Goodwill
2. Instead of handing out conventional candy, try offering a choice with non-candy items in the mix such as pencils, erasers, stickers or even seed packets
3. A perennial favorite tip from the Eco Mosquito is to use a reusable bag for kids to collect their candy or other items in

## DON'T MISS THIS!

**HMS October Freecycle:** Tuesday and Wednesday October 7-8th Courtyard Café (all day).

**HSPH October Freecycle:** Thursday October 9th, shop and drop between 11am-1pm, Kresge Atrium. Bring your office, lab and Halloween supplies (in good condition) for reuse.

**EcoOp Meeting:** Thursday October 16th @ 11:00am, FXB G-3.

**EcoOp Seminar Series:** Tuesday October 21st @ 12:30pm. Kresge 502. The presenter is Jonathan Buonocore and the title of his talk is "Estimating the health impacts of reducing emissions from coal fired power plants."

**Bike Safety Summit:** Wednesday October 22nd @ 12:30-1:30pm. Minot Room, Countway Library. Join a panel of speakers to discuss bike safety in the Longwood Medical Area and beyond.

**Sustainability Halloween Trivia Night:** Wednesday October 29th @ 5-7pm Kresge Cafeteria. Sustainability and Halloween themed questions, costumes encouraged.

Contact us at [ecoop@hsp.harvard.edu](mailto:ecoop@hsp.harvard.edu)