



green *holiday* guide

green *party*

green *local*

green *shopping*

green *giving*

green *recipes*

green *resources*

This holiday season do you want to give gifts that will stand out, spice up your holiday recipes, and host a party that everyone will be talking about?!? Just add a little GREEN to your holiday season! In this Green Holiday Guide you will read about inspiring ways on how to brighten up your holiday by reducing the amount of waste. There are many simple things you can do as part of your holiday; from entertaining to travel, from gift giving to gift wrapping, and when it is all over clean up tips. Any small thing that each person can do really adds up for example, if every American family wrapped just 3 presents in re-used materials, it would save enough paper to cover 45,000 football fields! By giving gifts made from recycled goods, creating natural hand-made decorations, or making recipes with organic food you are not just helping to save the earth but inspiring others to participate in going GREEN too!

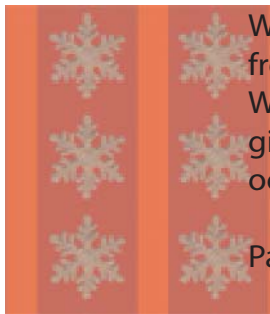
38,000 mile of ribbon gets throw away each year. That is enough to tie a bow around the world.

Gift Wrapping

Produce less waste with these tips:

- ✓ Reuse gift bags and tissue paper.
- ✓ Use recycled paper and always recycle used paper that can't be used again.
- ✓ Decorate oversized gifts with just a bow that can be used again.
- ✓ Wrap gift in a drawstring bag and use inexpensive luggage tag for the gift tag.
- ✓ Search flea markets and thrift stores for old boxes that can be used instead of paper.
- ✓ Be creative in your wrapping- wrap kitchen utensils in a dish clothes, wrap tools with a tool box, wrap a book in a reusable canvas bag.
- ✓ If traditional gift wrapping is a must, always buy recycled-content wrapping paper.
- ✓ When shipping a gift reuse the foam peanuts from another package, or use unbuttered popcorn for packing.

Recycled gift wrap



With a mission to sell guilt free gift wrap, Green Girl Gift Wrap sells 100% recycled gift wrap for all occasions.

Paper is made from soy ink.

10% of the profit will go to enviromental protect.

www.greengirlgiftwrap.com

Greeting cards

- ✓ When sending holiday cards, buy recycled-content cards and envelopes.
- ✓ Avoid cards with glossy, shiny or gold foil coatings since these cannot be recycled.
- ✓ Cut out words and pictures from old Christmas cards and make into gift tags. All you need is a whole punch and raffia.

Hemp gift wrap

Paper is made from hemp and packaging is 100% biodegradable.

Paper is printed with vegetable oil.

Eco-friendly gift tags and ribbon also available.

www.eartheasy.com/shop

According to a National survey, 70% of Americans would welcome less emphasis on gift giving and spending.

Gift giving

Save money and resources with the following tips for all of your gift giving:

- ✓ If you are unsure what to get someone, opt for a gift card.
- ✓ Make a charitable donation in someone's name.
- ✓ Give nonmaterial gifts, such as sporting events and concert tickets, memberships or movie passes.
- ✓ Look for gifts with an environmental message: a nature book, a refillable thermos bottle, a canvas tote bag or a battery recharger.
- ✓ Look for gifts that are made from recycled content.
- ✓ Choose solar powered instead of battery powered products. Or better yet, ones that require no power at all.
- ✓ Make your own gifts. Reinvent items you already have or make edible treats.
- ✓ Think about how durable your gifts are- how long will this last? Where will they end up?
- ✓ Consider how much packaging is used.
- ✓ Shop at local stores to save gas and support the local economy.
- ✓ Bring your own bags when shopping.

Reusable shopping bags



Bags for every need- from lunch to grocery bags.

Part of the proceeds go to the Green Ambassadors, a high school eco-ed program.

Many products are made from certified organic cotton or considered "natural" because they don't use bleached, processed or pre-shrunk material.

ecobags.com

Simple Green Giving book



This book is filled with ideas for re-using items for gift wrap and giving.

Four sections include: gift tags and cards, boxes, wraps and bows and handmade gifts.

Local bookstore

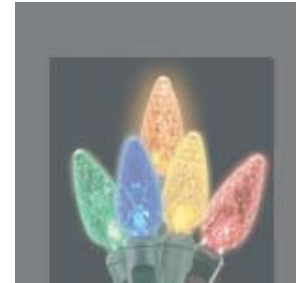
Holiday Lights

Using LED holiday lights to decorate your house is a smart choice because LED lights are **90% more energy efficient** than incandescent decorative lights. LED lights stay cool longer, reducing the risk of fire. If one bulb burns out the rest will still shine; and they will last 10 plus years. A holiday display using incandescent bulbs could cost you \$60 in electricity when the same display of LED light could cost you only 40 cents!

Make sure you turn off your lights at night and only leave them on 4 to 5 hours a day to save energy.

LED Christmas lights can be found at most retailers who sell regular holiday lights.

LED strand come in a wide range of color and shapes.



Decorating

For tree trimmings...Try edible or compostable items like popcorn or cranberries on a string, gingerbread cookies or items made from "found" objects around your home.

Skip the tinsel and other decorations made from fossil-fuel-intensive plastics.

If you're decorating with candles, choose the ones made from soy wax or beeswax. Both are renewable resources, as opposed to regular paraffin candles, which are made from petroleum.

Avoid disposable decorations and opt for items that don't require batteries or electricity.

For great holiday decoration ideas visit :

www.care2.com/greenliving/winter-holiday-eco-decorating.html

Green decoration retailer:



Look for organic holiday decorations- like this wreath.

www.drugstore.com

look under the Natural section

Entertaining

- ✓ Set out containers to collect bottles and cans for recycling.
- ✓ Use regular dishes instead of disposable ones. Borrow or rent dishes for large parties.
- ✓ If you must use disposables, use dishes made out of recycled content.
- ✓ Turn down the heat a few degrees before guest arrive. All those bodies will warm up the room.
- ✓ Avoid disposable cameras for pictures, they produce more waste.

Home heating



The Java log is made from coffee which is more sustainable. They produce 8 times less creosote and 5 times less particulate matter.

Coffee has 25% more energy than wood

The logs give off a very faint coffee smell

Store location: Whole foods, Farmer Jack, Krogers, Safeway

www.java-log.com

Disposable dishes

This website has a variety of disposable dishes made from bamboo.

Purchase packs of utensils, plates and serving ware.

www.greenfeet.com

Americans throw out 25% more trash between Thanksgiving and Christmas.

After the party

- ✓ Donate leftover food to local food banks and shelters
- ✓ Recycle gift wrap, cardboard, catalogs cards....
- ✓ Take packaging peanuts to mailing store for reuse
- ✓ Donated unwanted items to charity
- ✓ Clean with products that are chemical-free and all natural

Chemical-free cleaning



The home cleaning kit includes many items including an all purpose cleaner and is chemical-free. They have several kinds of kits including: home, body, dog, cat and baby. Another plus is that 10% of your purchases support important causes.

eco-me.com

Home recycling products

These stackable bins make separating and recycling easy.

Bins are available in different sizes and can stack 2 and 3 high.

www.stacksandstacks.com

Make your own recycling center with colored bins and vinyl letters.

Local Green Shopping

Center of the Universe, corner of Lake and Diamond shopping area in Grand Rapids.

Clothing Matters-eco-fashion apparel
www.clothingmatters.net

Global Infusion- tea, coffee and unique fair trade gifts

home.comcast.net/~commonthreadweb/assets/globalinfusion/index.html

Local Green Food Stores

Fresh Market-organic foods and gifts, 5114 28th Street SE Ste B, Grand Rapids

Harvest Health Foods-many locations...Grand Rapids, Hudsonville-organic foods

Local farmer's market-local gifts at Holland Kerstmarkt, an authentic open-air European Christmas market. Help support the local economy.

Wilde Thymes- Holland



Large variety of dried soups and dips.

All natural and simple to make food.

Produced in Holland and licensed through the Michigan Department of Agricultural.

www.wildethymefoods.com

Green Life Market- Grand Rapids

944 East Fulton Street,
Grand Rapids, MI 49503

Features local organic and natural grocery items.

Variety of eco-friendly cleaning supplies and personal care products.

Visit the website for special offers.

www.thegreenlifemarket.com

Target

Target might not be "local" and most of us do not need a reason to shop at Target, but there are now a few extra bonuses. As a company, they have big goals to use resources responsibly, minimize their carbon footprint and eliminate waste. The good news for consumers is their desire to increase their natural, organic and eco-friendly products. Try Method; a line of cleaning products that are nontoxic and natural. Also available are organic cotton towels, baby clothing, natural beauty products and organic food.

www.target.com

Stocking Stuffers

Naughty: disposable items, PVC items

Nice: Soy candles, lotion, chapstick, organic snacks, carbon offset gift card, recycled content items

IPod covers by Jimi



Several colors to choose from.

Made from 100% recycled materials

www.thejimi.com

Sold at: *Urban Outfitters*

Soy Candles



Candles feature a lead free wick and soy wax.

Online store features personal care items that are handmade and all natural.

www.atmospherez.com

Burt's Bees



"Earth Friendly, Natural Personal Care Company."

Large product line includes lip balm, foot care, and skin care products.

Can be found at several locations including: *Meijer and Target*

Visit: www.burtsbees.com for a store location near you

Chocolate



Chocolate is all natural, dairy and gluten free.

Packed with antioxidants.

www.sweetriot.com

Geolopes



Standard size stationary and envelopes recycled from outdated government surplus topographic maps.

www.necartographics.com

Fair Trade Coffee

100% OF PROFITS SUPPORT YOUTH PROGRAMS in the United States and Central America.

www.rocksolidcoffee.com

Organic Seeds



Large variety of certified organic seeds.

www.seedsofchange.com

Baby and Kid Gifts

Baby Soy- Clothing



Soft hat is made from 50% soybean fiber, 50% cotton.

Products include soft and adorable clothing and toys for baby's and toddlers.

www.babysoyusa.com

Organic Sleepytime Bear -MiYim Organic



Silky-soft, plush made with 100% organic cotton

Loosely stuffed with organic-cotton batting

Sold at: Baby's R Us and Pottery Barn Kids
www.miyim.com

Clown Stacker



Classic stacking toy is made from solid wood.

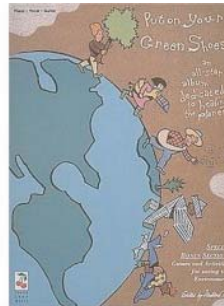
Brightly colored stacking pieces encourages hand-eye coordination.

All toys and packaging come from sustainable sources that are biodegradable or are fully recyclable.

Created by Bajo Toys

www.store.babycenter.com

Put On Your Green Shoes CD



Music and lyrics by several artist including Cyndi Lauper and Willie Nelson.

Teaches children to protect and help their environment.

www.amazon.com
ISBN: 0793536022

Green Bird House Kit



Kit is made of 100% recycled plastic from sources such as bags, soda bottles, milk jugs, and water bottles.

\$29.99

www.whateverworks.com

NoteNiks: Respect Our Earth Games

Collection of 8 games teaches children how to protect the environment.

Exciting game play focuses on specific lessons that include recycling, smart energy usage, protecting endangered species, and much more.

www.monkeybyte.com

Baby and Kid Gifts

Organic Bedding

Bedroom and nursery decor full of color and fun patterns.

Made in the USA with fair trade manufacturing.

www.pixelorganics.com

Make Your Own kits



Make your own kits are fun, yummy and educational.

Choose from Gum, Gummies or Chocolate.

Learn about the rainforest as you make your treats.

www.oneworldprojects.com

Other great sites

pixelorganics.com

bamboosa.com

cottonmonkey.com

prang.com

treeblocks.com

underthenile.com

Pet Gifts

Earthdog



Handmade in the USA and eco-friendly, Earthdog products include hemp collars, leashes, beds and chew toys.

www.earthdog.com

West Paw



This is a great website filled with fun eco-friendly Dog items.

Dog beds and toys are made from recycled plastic and recycled poly-fill.

Reasonable priced.

www.westpawdesign.com

Other great sites

kittypod.com

simplefido.com

greetgreenpet.com

deborahlingquist.com

belladogga.com

everydaystudios.com

Houseware Gifts

Nice: look for Energy Star appliances, PVC free products, recycled content, organic products.

Recycline



Durable line includes colander, cutting boards, and storage containers.

Made from 100% recycled plastics.

Organic designs inspired by nature.

Sold at: Whole Foods
www.recyline.com

PVC Free Shower Curtain



Made from Peva; which is a pvc-free vinyl.

Sold at: Target
www.target.com

Eco Pod- home recycling unit



Contains a compactor, and provides an efficient way to crush, store and redeem recyclable beverage containers, specifically plastic bottles and aluminum cans.

www.ecopod.org

Bamboo Towels



Studio Collection made from a blend of cotton and Bamboo.

Soft towels in all sizes from hand towels to oversize body towels.

Sold at: JcPenny
Direct: www.jcpenny.com

Steam Garden



Grow fresh herbs all year long with this fast growing garden.

Tank system doesn't require earth just water, organic fertilizer and an electric pump.

www.greenfortune.com/streamgarden.

Organic Cotton Duvet Cover



Made from organic cotton and machine washable

Look for other products by West Elm that are made from organic cotton and bamboo

www.westelm.com

Houseware Gifts

Organic Wine and Cheese Clubs

Give a gift that gives all year with a subscription to this organic cheese club.

www.cowgirlcreamery.com

Or try an organic wine club.

www.ecowine.com

Other great sites

www.shopbluehouse.com

3rliving.com

gaiam.com

totallybamboo.com

ecokettle.com

Recycled Gift Items



All items are eco-friendly and made from recycled material including billboards, airplane parts and old records.

Website includes unique gifts for all those on your list: billboard purses, record coasters, sketch books, furniture, desktop accessories, and more.

store.greenwithenvygifts.com

Women's Gifts

Under the Canopy



100% organic cotton products.

Line includes women's clothes as well as home and spa products.

www.underthecanopy.com

Recycled Jewelry



This unique jewelry line is made from recycled products including coke and beer bottles.

Many styles to choose from.

www.smartglassjewelry.com

Pangea Organics- Skincare



Organic skincare and bodycare.

Packaging is made from zero waste with 100% post-consumer paper and organic seeds.

When you are done, slip the label off and plant it in the earth.

Soap sold in stores at: Whole foods, World Market

www.pangeaorganics.com

Great Outdoors

Solar Cooker



Compact cooker folds into a tube.

Heat water up, keep food warm or store food.

www.mysoldius.com

Patagonia



Strong commitment to support the environment from production to recycled materials.

Jackets, shoes, t-shirts and accessories.

www.patagonia.com

Solar Tent



This tent comes with a solar panel that can be used to recharge batteries.

Interior LED lights are powered by the solar panels.

www.groveygreen.com

\$180(4 person) \$220 (6 person)

High Gear Adventures Plus



This 7-in-1 tool kit is oh so handy featuring LED light, compass, thermometer and air tight storage.

Lightweight and compact.

\$15.95

www.basegear.com

Solar Power

Solar Powered Charger



This device uses solar power to charges either a cell phone, Ipod or other small electronics.

Several colors available.

www.earthtechproducts.com

Voltaic Solar Bag



Bags are mobile solar power generators designed to charge virtually all handheld electronics including: cell phones, cameras, two way radios, PDA's, and MP3s.

Durable fabric is made from recycled pop bottles.

www.voltaicsystems.com

Books

Stop global Warming: The Solution is You!



This book is filled with statistics and handy tips to help reduce your own daily emissions.

your local bookstore
ISBN: 155591621X

The Rough Guide to Climate Change

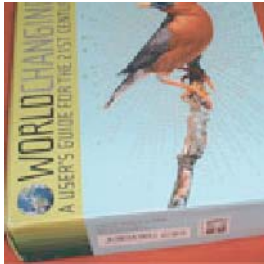


Robert Henson's thorough unbiased guide about our changing environment.

Covers what the government and people are trying to do and what consumers should be doing.

your local bookstore
ISBN: 1843537117

*Worldchanging :
A User's Guide to the 21st Century*



Topics include:
Stuff, Shelter, Cities,
Community, Business,
Politics and Planet.

your local bookstore
ISBN: 0810930951

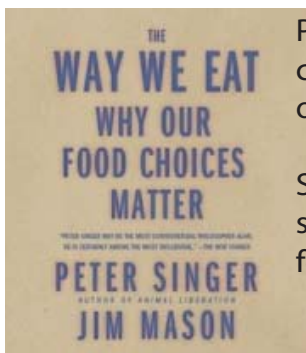
Small is the New Big



Seth Godin's latest book talks about business and ideas in the regards that big is boring and small is honest and real.

your local bookstore
ISBN: 1591841267

The Way We Eat

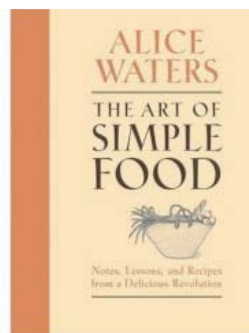


Peter Singer writes a compelling book about our food choices.

Singer discusses sustainable food options for everyone.

your local bookstore
ISBN: 157954889x

The Art of Simple Food



Author Alice Waters writes a simple guide for the home chef.

With her notes, recipes and tips get back to basics and back to nature.

your local bookstore
ISBN: 0307336794

Retailers

greensender.com

Have this box send directly to those on your Christmas list.

Box includes:

- Reusable aluminum SIGG water bottle
- Reusable organic cotton grocery bag
- Energy efficient cfl light bulb
- Organic cotton t-shirt
- Personalized note from sender

vivavi.com

Shop by room or by designer. Unique furniture from barstools and clocks to bedding and items for your pet.

store.greenfeet.com

Large array of products including: pet items, clothing, gadgets, toys, baby items....plus much more.

Other great shopping sites

www.gigglefishgifts.com
www.pristineplanet.com
www.eco-artware.com
hipandzen.com

BTC Elements- Clothing

Clothing made from recycled fabric, bamboo fabric, and organic cotton.

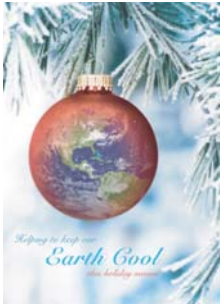
www.btcelements.com

peacefulvalleygreetings.com

From jewelry and beauty products to journals and organic teas, this company is dedicated to selling environmentally sensitive products.

There are enough greetings card sold each year in the US to cover a football field 10 stories high

Fight Global Warming with your Holiday Greeting Cards



Four different card styles available.

Give back 1-6 tons of Wind or Methane Energy by purchasing these cards.

The proceeds go to building new wind turbines and installing renewable methane generators on family farms.

www.nativeenergy.com

Support Ecosystem Restoration



Use this website to purchase organic seed cards.

The proceeds from each card (3 different designs) go to a different reforestation project.

Send the card to a friend so they can help save the environment and stick the card in a pot with some soil to grow a beautiful plant.

www.begreennow.com

28 billion gallons of water go into the production of American junk mail annually

Save our natural resources

GREENDIMES

Makes a great stocking stuffer

Cut down the amount of junk mail you receive by 90% when you sign up at Green Dime

For \$15 they will regularly take your name off of mailing list and 10 trees will be planted in your name.

www.greendimes.com

One-quarter of all travel occurs during the holiday season

Sustainable Traveling



If you are traveling this holiday book an Eco-friendly vacation. This website provides a directory of vacations that protect and positively impact the cultures and environments you visit.

Support the mission of the Sustainable Travel International Organization by donating funds, becoming a member, or donating your time as a volunteer.

Purchase MyClimate tickets to offset your carbon emissions. Your money will go towards renewable energy and energy efficient projects in developing countries.

Offset your friend's carbon footprint by donating to this website and they will receive a certificate and a personalized message.

www.sustainabletravelinternational.org

Follow these travel tips from the U.S Environmental Protection Agency:

- ✓ Use electronic, not paper, tickets when booking transportation or events. Electronic tickets generate less waste and cost less to replace.
- ✓ Ensure that your vehicle is "road-ready" by properly tuning your engine and properly inflating your tires to help save gas and money.
- ✓ Contact your newspaper publisher to ask if you can stop your subscription while you're away, or if it's possible to donate the newspapers to schools or other organizations.
- ✓ Ask about alternative fuel vehicles when renting a car.

During your hotel stay:

- ✓ Use the hotel's electronic checkout program to reduce paper waste.
- ✓ Let the hotel know it's not necessary to change your sheets and towels every day.
- ✓ Leave unopened shampoo, soap, and other complimentary items at the hotel; take partially used items with you when you leave.
- ✓ Turn off lights and heating when you leave for long periods of time.
- ✓ Use the hotel's transportation or share a taxi with another hotel guest when traveling to a well-known destination.

Visit www.greenhotels.com to find environmentally-friendly hotels

Donating your time to a local non-profit group during the holidays can be one of the most rewarding and memorable activities of the season. Make it a family tradition.

Local Non-profit Organizations

Audio Scripture Ministries
760 S Waverly Rd
Holland, MI 49423
(616) 396-5291

Glow Ministries Intl.
156 E Main Ave
Zeeland, MI 49464
(616) 772-3370

Holland Rescue Mission
356 Fairbanks Ave
Holland, MI 49423
(616) 396-2200

Goodwill Industries
393 E. Lakewood Blvd.
Holland, MI 49424
(616) 393-0383

Goodwill Industries
3353 Underwood Rd.
Whitehall, MI 49461
(616) 893-0593

Heifer.org



Their mission is to help end hunger and care for the earth.

They look for long-term solutions for providing food and a stable income for families.

Creating a Heifer Giving Registry can be your unique way to let friends and family know peace and an end to poverty is on your wish list this holiday season.

Ourenergy-shopping.com

This is a local company that helps individuals and families around the world power their homes. They use clean climate-friendly renewable energy and eliminate their carbon footprint -- every day - without altering their behavior or monthly budget.

When you shop at certain online retailers, this company will contribute a portion of what you spend toward renewable energy resources.

Carbon Offset

A carbon footprint is a "measure of the impact human activities have on the environment in terms of the amount of green house gases produced, measured in units of carbon dioxide".

Carbon offset is investing in renewable energy to offset the energy used.

Visit one of the following websites to calculate your carbon footprint and to offset your emissions.

www.conservationfund.org
www.liveneutral.org
www.carboncounter.org

If you have family coming to town for the holidays, give the gift of offsetting their travels.



green *recipe* guide

Choosing edible gifts are a great alternative that can be healthy and good for the environment. Choose wholesome ingredients and wrap your tasty treats in reusable holiday containers.

Eating more nutritious and fresh produce is not the only benefit of buying from local farms. It also supports the large number of family farmers in our area and prevents carbon emissions that would be released into our environment from cross-country shipping.

Local Organic Produce



Give the gift of locally grown fresh produce to yourself or a friend.

Purchase one of many fresh food subscriptions from this website and receive organic food from a local farm near your home.

www.localharvest.org

More Local Organic Food

Need some locally grown organic goods for your holiday celebrations? Here are some in our area:



Organic Pork/Lamb/Chicken in Zeeland
www.coachstopfarm.com
616-772-4660

Organic Meats and Dairy Products in Coopersville
www.grassfieldscheese.com
616-997-8251

Individual Baked Apples with Sweet Oat Topping

(Serves 2)

- 1 large organic apple (your favorite variety)
- ½ cup organic rolled oats
- ¼ cup or more organic pecans (whole or slightly broken up)
- ¼ cup organic brown sugar, or date sugar
- 2 Tablespoons organic maple syrup
- 2 Tablespoons organic butter, melted

Slice apple in half and core. Mix remaining ingredients. Place apples in an oven safe dish, and spoon the oat mixture over the top. Bake in a preheated oven at 350 degrees for about 35-45 minutes, until apples are soft.



Why buy organic?

- ✓ Health -reduce your families exposure to toxic pesticides
- ✓ Environment -organic farming practices are set up to reduce their impact on the environment, reduce pollution and conserve water
- ✓ Taste -many organic foods have richer, fresher taste... have you ever tried a carton of organic milk?

If a food bears the USDA label, it means it's produced in accordance with U.S. Department of Agriculture standards and its ingredients are at least 95% organic. Food is only completely organic if the label reads "100 percent organic!"



Tips for buying organic

- ✓ Don't confuse natural foods with organic... only foods with the USDA label are truly organic. Free-range and hormone-free products are a better alternative when organic products cannot be found.
- ✓ Buy fruits and vegetables at their high season to ensure their freshness... be sure to wash them thoroughly to reduce exposure to dirt and bacteria.
- ✓ Read labels carefully... some organic foods may be higher in sodium or sugar in order to stay preserved longer... this may not be the healthiest thing for your diet.

Pretzel Pumpkin Muffin

(Makes 12)

Vegetable shortening (to grease pan)

1 cup all-purpose white flour

1/2 tsp. pumpkin-pie spice

1 cup brown sugar, packed down

2 eggs

1/2 cup 2% milk

1 cup SNYDER'S OF HANOVER Organic Classic Mini Pretzels, chopped fine

1 tsp. baking powder

1/2 tsp. baking soda

1/3 cup vegetable shortening

1 cup pumpkin puree

1/2 cup walnuts (optional)

Grease 12 muffin cups with shortening. Preheat oven to 350 degrees. In small bowl, combine pretzels, flour, baking powder, spice and soda. In another bowl, cream together brown sugar and 1/3 cup shortening. Add eggs one at a time and beat well. Stir in pumpkin and milk. Stir in flour mixture just until mixed. Add nuts if desired. Spoon into greased pans. Bake 25 minutes. Remove muffins from pan and cool on rack.

Nutritional data per serving (without nuts): calories 219, fat 7g, protein 4g, carbohydrates 36g, sodium 287mg, dietary fiber 1g.



Sweet Potato Black Bean Enchiladas

(makes about 10-12)

1 can each of organic refried beans, black beans (drained), and sweet potato puree

2 cups cooked organic brown rice

1 medium organic onion, chopped

½ cup organic salsa

5 oz. enchilada sauce (mild-medium)

Mix the above together

10-12 organic soft tortilla wraps (approx. 8 inches)

8 to 12 oz. of lowfat organic cheddar cheese, shredded

15 oz of organic enchilada sauce (the other ½ of the can previously used, and another full one.

You can use one green and one red for a festive Holiday look.)

1 Tablespoon organic olive oil to grease the dish

1 large glass baking rectangular baking dish

In each tortilla place about 1/2-3/4 cup of the above mixture and 1/4-1/2 cup of the shredded cheese. Fold in the left and right sides, about 2 inches, and roll the wrap up, around the mixture holding firm, from the other direction. Place in greased baking dish. Cover with the remaining enchilada sauce (try to get all of the tortillas covered). Place in a 350 degrees preheated oven and bake until the sauce is bubbling, about 40 minutes. Sprinkle with any remaining cheese.

Other ingredients: You can add other cooked vegetables of your choice, seasoned chicken or fish.

Juicy Peach Mango Tea

(Serves one)

One organic peach tea bag

6 oz organic orange mango juice (Santa Cruz makes a really good one)

Steep the tea in about 4 oz of boiling water. Cool, or add a few ice cubes. Mix together the cooled tea and juice. Smile.



Christmas Trees

- ✓ Purchase live trees that you can re-plant after the holiday season.
- ✓ Buy from local farms with sustainable harvesting practice.
- ✓ Always recycle your Christmas tree after the holidays.

Local Christmas Tree Farms

- Ruch's Tree Farm- 10710 West Olive Road West Olive, MI 49460 616.846.5023
Types of Trees- Pre-cut Douglas Fir, Scotch Pine, White Pine, and Colorado Blue Spruce
All trees grown locally by owner.
Other products available- Wreaths; tree drilling & bailing; disposal bags and stands.
Hours: Monday – Thursday: Noon - 7pm Fri – Sun: 10am - 7pm
Season runs from November 25 - December 24
- Peterson's Riverview Nursery- 873 26th Street Allegan, MI 49010 269.673.2440
Types of Trees- Choose-and-cut or pre-cut Fraser Fir, Canaan Fir, Concolor Fir, and Colorado Blue Spruce
Other Products available- Wreaths, tree stands, wreath hangers, and tree disposal bags
Hours: Monday-Friday: Noon-Dusk Sat-Sun: Dawn to Dusk
Season runs from November 23-December 24
- Leber Christmas Tree Farm- 2439 36th Street Allegan, MI 49010 616.673.3378
Free Wagon or Sleigh rides out to the field
Types of Trees- Cut your own Blue Spruce, Scotch Pine, Fraser Fir, and Balsam Fir
Other products available- Wreaths, tree cleaning and wrapping, and a gift shop with free hot chocolate and coffee
Hours: Monday-Friday: By appointment only Sat-Sun: 9-5pm
- Osterbaan Tree Farm- 4501 64th Ave Zeeland, MI 616.875.7517
Free hay rides out to the field
Types of Trees- Cut your own Blue Spruce
Bailing and Drilling provided
Days and hours of operation- Every Saturday until Christmas
- Evergreen Farm Nursury- 13894 168th St. Grand Haven, MI 616.842.2260
Drive through the farm and enjoy the Christmas light display after picking out your tree
Types of Trees- Fresh-cut Fraser Fir, Douglas Fir, Spruce and Scotch pine
Potted Christmas trees that may be planted in your yard after the holiday season
Other products available- Wreaths, garlands, centerpieces, bows, and decorated pinecones.
Bailing and Drilling is free with every tree purchase
Hours: Sun-Thurs: 8am-8pm Fri-Sat: 8am-9pm
Free candy canes

Cell Phone & Electronic Recycling

www.call2recycle.com

Visit their website for a drop-off location near you.

Accepts cell phones and rechargeable batteries.

Benefits the environment and charity.

Drop-off at:

Home Depot, Radio Shack, Sams

Ebay Rethink

www.ebay.eztradin.com

Trade in working electronics for Paypal cash.

Excepts several items from PC's to digital cameras, cell phones and car audio systems.

40% of battery sales occur during the holiday season.

Eneloop Rechargeable batteries



These batteries are different than other rechargeables in that they are capable of holding 85% of their charge for up to a year and can be recharged 1,000 times.

Their simple packaging is fully recyclable.

Sold at: Circuit City, Wal-Mart

Go to: eneloop.com for more

50 million Christmas trees are sold in the US each year. 30 million trees end up in our landfills.

Christmas Tree Recycling

Holland Area Christmas Tree Recycling

Bring your Christmas tree to Quincy Street Park at 14025 Quincy Street. Trees can be dropped off everyday from dawn until dusk between the dates of December 27th-January 31st.

Grand Rapids Area Christmas Tree Recycling

Bring your Christmas tree to Walker Community Park on 650 Cummings Northwest Trees can be dropped off 24 hrs a day from Dec 26th-Jan 22nd.

Christmas tree's will be turned into compost, so please remember to remove all lights and decorations.

Check your area for curb side recycling. Your trees will be recycled into mulch.



green *resource* guide

As our world is becoming more fragile with fewer natural resources and harmful lifestyle attributes, why not start living a green lifestyle? Be mindful of your own consumption and visit these site for more information about going green:

treehuggers.com

lowimpactliving.org

architecture2030.org

americanforest.org

earth911.org

stopglobalwarming.org

saveourenvironment.org

sierraclub.org

conservationfund.org

planetgreen.discovery.com

www.organic.org

greenlightmag.com

michiganrecycling.org

sustainableisgood.com/blog

Ranks electronics and their green qualities:

greenpeace.org/greenelectronics

Source for organic, natural and health products.

Includes organic coupons and newsletters:

mambosprouts.com

To learn more about the impact of your carbon footprint and how to offset your carbon emissions:

www.conservationfund.org

www.liveneutral.org

www.carboncounter.org

Happy holidays from you Chi Green Group!

We encourage you to share this guide with family and friends. As consumers, we have the power to change the state of the environment and demand more responsible products.

If you happen to print this guide, when you are done why not write your shopping list on the back, cut out items for your Christmas wish list, use it for a paper air plane, cut out reminders for staying green, write your list for Santa, and then as always recycle it.

happy *green* holidays