



Make Pittsburgh Even Cooler in August:

Shop local; compost at home;
install a tankless water heater
and/or a rain barrel

By shopping local, composting, and saving energy and water, you can enhance your home, strengthen your local community, and help reduce global warming pollution.

- **Shop local – especially at our farmers markets and farm stands**

Buying local has great benefits for both you and your community. For one, local foods tend to be fresher and taste better because they're not shipped as far. Buying local also means that more of your money will go to help strengthen your local economy and support local farms. And because local foods aren't shipped long distances, you can prevent up to 391 pounds of heat-trapping gases each year.

Use the Pennsylvania Association for Sustainable Agriculture's website, www.buylocalpa.org to find the nearest farmers markets, farms, restaurants, caterers, retail stores, and even local wineries and breweries.

For more information about farm stands that accept WIC, Senior Farmers Market Nutrition Program vouchers, or EBT/Food Stamps, contact the Greater Pittsburgh Community Food Bank at 412-460-3663 ext. 216, www.pittsburghfoodbank.org/pdf/farmstandschedule.pdf.

- **Compost at home**

Composting is the process of letting plants and other once-living materials decay, creating rich organic fertilizer. It is excellent for adding to houseplants or for improving your garden soil. Composting recycles your yard waste and kitchen scraps, and helps reduce global warming pollution by reducing what we send to landfills. In fact, if you compost everything you can, you can prevent 661 pounds of heat-trapping gases from going into our air each year.

There are two types of composting methods:

1. **Backyard composting:** No fuss, no muss - you simply let your compost pile break down naturally in an outdoor bin. With the proper set up and care, you can have compost ready anywhere from two months to two years. Here are several ways to get started:

- <http://video.nationalgeographic.com/video/player/environment/going-green-environment/green-home-makeover/compost-gg.html> (from the National Geographic Green Guide)
- http://www.epa.gov/osw/conserves/rrr/composting/by_compost.htm (from the U.S. EPA)
- Attend a local backyard composting workshop led by the Pennsylvania Resources Council. Workshop fees include a composting bin.

Date and Place	August 29, 2009 11 a.m. – 1 p.m. Boyd Community Center 1220 Powers Run Rd Pittsburgh, PA 15238-2618	September 3, 2009 6:30 p.m. – 8:15 p.m. East End Food Co-op 7516 Meade St Pittsburgh, PA 15208
Cost	\$40 for an individual; \$50 for a couple	

To register or to find more classes, visit http://www.prc.org/community_adultedu.html or call Lauren Seiple at (412) 431-4449 ext. 325.

2. **Worm composting** (also called vermicomposting): This type of composting uses worms to create compost, allowing you to compost indoors all year round. Here are online guides to help you:
 - <http://www.redwormcomposting.com/worm-bin-deluxe/worm-bin-deluxe.html> (from a worm vendor)
 - <http://www.bae.ncsu.edu/topic/vermicomposting/pubs/ag473-18.html> (from North Carolina State University)

- **Conserve energy and water**

1. **Install a tankless water heater**

According to federal research, installing a tankless water heater can save you about 30 percent on your water heating bills – that’s at least \$100 each year. Unlike storage water heaters, which use energy round the clock to keep your water hot, tankless water heaters save energy by heating water only as it is needed. That means unlimited hot water – great for those days when you are the last one in the shower!

Tankless water heaters generally cost more initially, but will return your financial investment over a few years. Another benefit of installing a tankless water heater is that it lasts about 10 years longer than a storage water heater. Tankless water heaters also help reduce global warming pollution. By installing just one tankless water heater, you will prevent 397 pounds of heat-trapping gases from going into the air each year – that’s a total of 7,937 pounds over the lifetime of the water heater.

2. **Install a rain barrel**

Rain barrels connect directly to your gutter’s downspout to catch the rainwater that comes from your roof. They also allow you to connect a hose to water your garden or lawn.

Using a rain barrel is an excellent way to conserve water and enhance your home, and take action against one of Pittsburgh’s worst environmental problems – sewer overload during rainstorms, which dumps raw sewage into our rivers.

The water you save can then be returned to the plants and soil, which also helps naturally refill and protect our waterways. Because of these benefits, rain barrels help prevent 337 pounds of heat-trapping gases each year. Here are some ways to get a rain barrel in Pittsburgh:

- Build and install a rain barrel yourself
http://sarasota.ifas.ufl.edu/Hort/Pubs/rain_barrels_guide.pdf
- Buy a rain barrel

Pittsburghers can buy a rain barrel as a part of the Nine Mile Run Watershed Association’s Rain Barrel Initiative. Prices and conditions for getting a rain barrel vary depending on where you live; visit the website (<http://www.ninemilerun.org/programs/rainbarrel/index.htm>) or call them at 412-371-8779 ext. 16.

- **Don’t forget -- Track Your Progress**

Go to our website (www.theblackandgoldcitygoesgreen.com) and fill in the tracking form so we can measure how much we’re all cutting our heat-trapping gases. No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.