



# The Campus Green

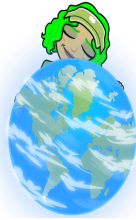
Issue 13

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Rider University's sustainable newsletter!



## Upcoming Events!



- 4/8-4/14: The Biggest Loser Energy Competition
- 4/10+4/11: Green Film Series: An Inconvenient Sequel
- 4/14: NJ March for Science at Trenton Memorial
- 4/19: Earth Day Green Festival
- 4/21: Beach Sweep and Rider Woods Campus Cleanup
- 4/27: Arbor Day Tree Planting

## Eco Business

Get excited Broncs because the Eco Reps have Yerba Mate for Earth Day! Yerba Mate is a tea, similar to green tea but even better for you, and the environment. We teamed up with the eco-friendly brand Guayaki to bring you their nutrient, vitamin, natural energy packed teas. The brand is very sustainable in their growing practices, supplier relationships, product packaging and life cycle. They also give money and effort to saving the rainforest!



## Recipe: Vegan Spinach & Artichoke Soup

### For Cream:

1 can drained white beans

1 cup unsweetened almond milk

4 tbs lemon juice

2 1/2 tbs nutritional yeast

1/2 tbs mustard powder

### For soup:

1 tsp olive oil

2 shallots, chopped

1-2 cloves of garlic, minced

2 cup artichoke hearts

2 cups spinach

3 cups vegetable broth

1 cup water

1) In a blender or food processor, combine the ingredients for the cream and blend until smooth

2) Heat olive oil over medium heat in a pot for 1 minute. Add shallots and garlic and sauté for a few minutes, add artichokes and let saute for 2-3 minutes. Add spinach, water, and vegetable broth. Bring to a boil and let the soup boil for 10 minutes.

3) Remove soup from heat and add cream. Use an immersion blender to blend until chunky. Add salt and pepper to taste. Enjoy!



## DIY: Succulent Magnets

### What You Need:

- Peel-and-stick magnets
- Wine corks
- Scissors or craft knife
- Hot glue gun
- Small succulents and soil



1) Start by attaching the magnets to one side of the wine cork. Secure with hot glue to hold everything in place.

2) Use scissors to carefully dig out the center of the cork at the same spot where the corkscrew was inserted. You need a small space around one-quarter-inch deep and around the same width.

3) Pull away a small stem of a succulent, and gently tuck it in the hole, along with a bit of dirt.



## Spotlight: Pam Durkin

Associate Head Coach, Rider University Women's Basketball and member of the Energy & Sustainability Steering Committee (ESSC)

**How does sustainability/conservation relate to basketball and the Rider Women's NCAA team?**  
**I think is important for our program to do our part whenever we can. The smallest effort can have a big impact. When we were fortunate enough to have new offices and locker rooms built, we made sure they were equipped with the occupancy sensors. When we are leaving the gym for the night or do not have workouts, we try to make sure the gym lights are off as often as possible. At the end of each year, we organize piles of clothes that we hope to donate to local organizations like Goodwill.**

### How does sustainability impact your own life?

**Well, my sister Jennifer (Durkin) Aiken '00 (education instructor at the National Aquarium in Baltimore), has always been very passionate about saving things in our environment. Our family would take trips every summer where during the trip, there was some sort of educational aspect and that was always the norm. But once Jen graduated from Rider and started her quest of conversation education, I just try to do as much as I can in my own life to make a small difference.**

### What's your favorite nature spot?

**I am not sure if I have a favorite spot, but just being outdoors is good enough for me. There are too many parks and beaches that I visit regularly to pick just one. I do love the path and trails behind campus. They are very peaceful. I wish more people knew about them with signage and that they were maintained a little better.**

### Why is it important to you to be sustainable?

**The amount of data that is out there regarding how much litter is cluttering our planet is mind-blowing. Everyone thinks "oh I am one person, what can I do?" but the butterfly effect is real when it comes to our environment. We have to understand that what we do now will impact the future.... even if we aren't alive to see it. We have to care about the people who will live here 250 years from now. Every little bit helps.**

### How do you feel that you make the biggest impact?

**Well I try to be the person that is like the devil on someone's shoulder. I nag!! But in my own life I try to use as much recyclable products as I can, I also try to use as many reusable products as possible.**

Check any of our events with your professor to see if you can earn Social Engagement or Engaged Learning credit!

- 4/10+4/11: Green Film Series: An Inconvenient Sequel
- 4/14: NJ March for Science in Trenton
- 4/21: Beach Sweep

If you are interested, RSVP on Broncnation!

<https://broncnation.rider.edu/organization/eco-reps/events>

## Follow us!

Facebook: [Rider Lawrenceville Eco-Reps](#)

Twitter, Snapchat and Instagram: [@brongsgogreen](#)

Email us: [brongsgogreen@rider.edu](mailto:brongsgogreen@rider.edu)

Melissa Greenberg, Sustainability Manager: [megreenberg@rider.edu](mailto:megreenberg@rider.edu)

