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 sauté 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!

Recipe: Vegan Spinach & Artichoke Soup

For Cream:
- 1 tsp olive oil
- 2 shallots, chopped
- 2 cups spinach
- 1/2 tbs mustard powder
- 1 cup water

For Soup:
- 1 cup water
- 3 cups vegetable broth
- 2 cups artichoke hearts
- 1 cup unsweetened almond milk
- 4 tbs lemon juice
- 3 cloves of garlic, minced
- 1 tsp olive oil

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 tea. 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.

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

How does sustainability/conservation relate to basketball and the Rider Women’s NCAA team?

I think it 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?

I am not sure if I have a favorite sport, 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.

What’s your favorite nature spot?

I do love the nature spot near my home in Lawrenceville. I am 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 is it important to you to be sustainable?

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 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.

How do you feel that you make the biggest impact?

Well, my sister Jennifer (Durkin) Aiken ‘00 (education instructor at the National Aquariums like Goodwill.

Follow us!

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