



The Campus Green

Issue Number
December, 2017

Rider University 's first sustainable newsletter!

Recipe:

Vegan Roasted Broccoli Soup

Ingredients:

2 tbs extra-virgin olive oil

2 large broccoli crowns

1 cup of onion

2 cloves garlic, minced

4 cups vegetable broth

1/2 tbs salt

1/2 tbs pepper

How to make

1.) Set oven to 450 F. Chop broccoli and mix with 1 tbs of olive oil, salt and pepper, lay out on cookie sheet and roast for 15-20 min.

2.) Heat remaining oil in pot over high heat, add garlic and onions. Stir for about five minutes

3.) Add broccoli and vegetable broth, bring to a simmer and cook for 10 min.

4.) Transfer soup to blender and puree until smooth.

5.) Reheat and serve

On December 4th, there is a live 24-hour Climate Reality Project broadcast from countries around the world hosted by former Vice President Al Gore. Join us in the Fireside Lounge from 5:30-8:30pm that night and be a part of the U.S. movement in combatting climate change!

Refreshments will be provided. #ClimateLegacy #ClimateAction #RiderU

Do-It-Yourself:

Natural Coconut Shampoo

Ingredients:

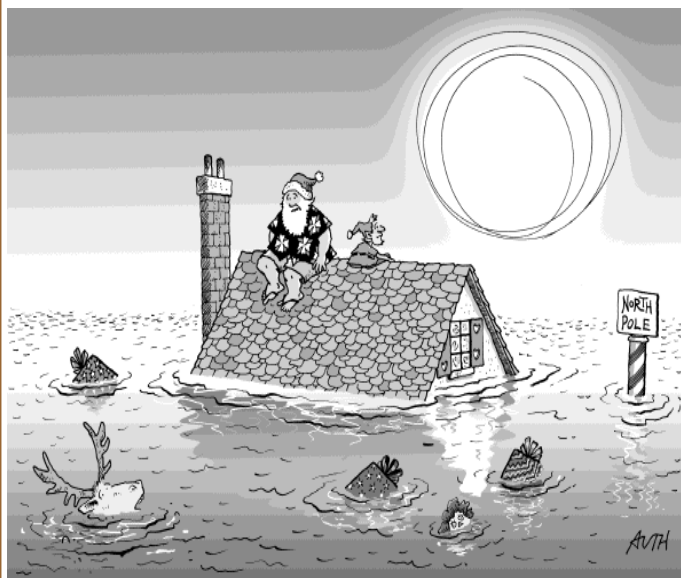
- 1/4 cup coconut milk
- 1/4 cup liquid castile soap
- 20 drops of essential oil of choice
- For dry hair: add 1/2 tsp. olive or almond oil

How to make:

1. Combine all ingredients into a jar or bottle, shake well to mix
2. Shake before each use
3. That's it! You can use this for up to a month!

Essential oil examples:

- Lavender oil—for relaxation, improves sleep
- Rose oil—boosts mood
- Frankincense oil—stress relief
- Sandalwood oil—woody aroma, mental clarity



The season of giving is fast approaching, and while we all love giving and receiving gifts, we shouldn't do it at the expense of the environment.

Wrapping paper is often used once and thrown away, so try making your own using colorful pages from magazines, newspapers, or reuse those beautiful gift bags we all get. If you do buy wrapping paper, look for the ones made of recycled paper. Lastly, if you want to send holiday cards, look for ones made of recycled paper, or make your own!

Green Film: *The Age of Consequences*

Green Film Series: *The Age of Consequences*

December 12 & 13, 2017

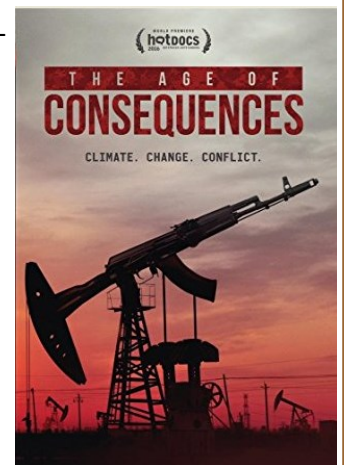
7 p.m.

Sweigart Room 115

The Rider University Office of Sustainability is proud to present *The Age of Consequences* as the next film in their annual Green Film Series.

The Age of Consequences takes a look through the lens of national security, and global stability. This is a look at the impacts of climate change on increased resource scarcity and migration. As part of a case-study analysis, admirals, generals and military veterans take viewers beyond the headlines of the conflict in Syria, the social unrest of the Arab Spring, the rise of groups like ISIS, and the European refugee crisis—and connects climate change stressors to societal tensions, sparking conflict.

For more information check out www.theageofconsequences.com



Contact info

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