



The Campus Green

November 2015

Rider University 's sustainable newsletter!

Green Films and Events

•“Merchants of Doubt” 12/8 & 12/9

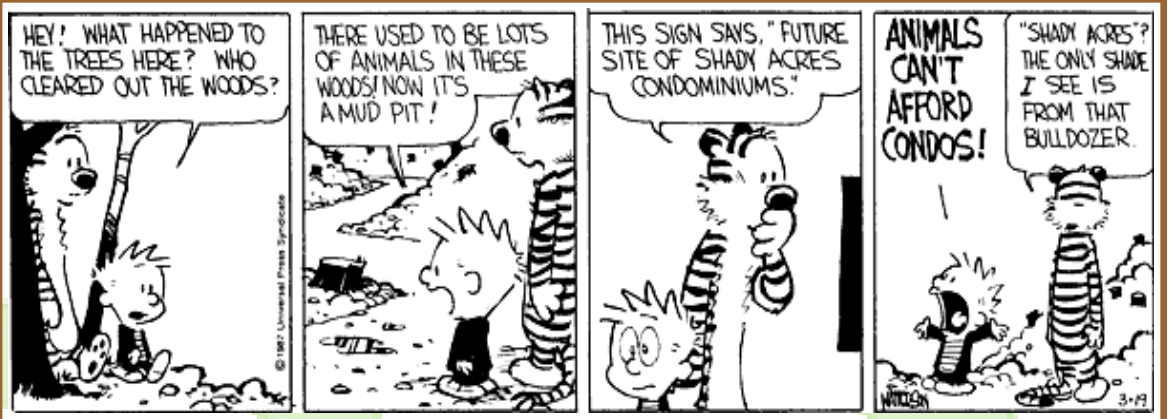
<http://sonyclassics.com/merchantsofdoubt/>

**All Green Films are shown at
7 p.m. in Sweigart 115**

Black Friday is around the corner but just because it has become a day known for excessive sales doesn't mean that deals can't be found at a thrift store or consignment shop. Make it a Green Friday and opt for shopping at local businesses, places that are within walking distance, or even online. Remember, buy only as much as you need or will be able to use.



Happy fall! We hope you're having a great year so far. The Office of Sustainability and the Eco-Reps are excited about the rest of our events taking place this semester. We have a lot of awesome stuff going on, and it's still our goal to conserve more than we have before. Please take the time to read our second edition of The Campus Green. It has a lot of great information!



Green Tips

As your family sits down for Thanksgiving dinner, here are some tips to make the holiday more green:

- ◆ Buy a heritage or free range turkey instead of one treated inhumanely or with hormones.
- ◆ Consider going vegetarian this year.
- ◆ **Don't forget your leftovers.** On average, Americans waste nearly 40% of food!
- ◆ Instead of sending paper holidays cards, consider sending e-cards to reduce paper waste.
- ◆ Use natural decorations, such as pinecones, leaves, pumpkins, gourds, acorns, etc.

Fall Recipe

Sweet Potato-Spelt Biscuits

Author: Cathe Olson

Recipe type: Savory baked goods

Cuisine: Vegan / Healthy

Prep time: 20 minutes

Cook time: 20 minutes

Total time: 40 minutes

Serves: 8 to 10 people



These simple, vegan sweet potato biscuits are so moist and flaky. They'll practically melt in your mouth!

Ingredients:

1½ cups spelt flour (or whole wheat)

1 tablespoon baking powder

¼ teaspoon sea salt

4 tablespoons cold vegan butter or coconut oil

1 cup mashed cooked sweet potato (from about 1 medium)

¼ cup non-dairy milk

Instructions:

Preheat oven to 400 degrees F.

Sift flour, baking powder, and sea salt together. Cut in margarine or coconut oil until mixture resembles coarse meal.

Mix in sweet potato and milk until combined.

Scoop out ¼-cup mounds of dough (an oiled ice cream scoop works well) and flatten to biscuit shape on a parchment-lined baking sheet.

Bake for 20 minutes, or until bottoms are golden. Transfer to a fabric-lined platter or basket and serve warm.

Read more at: <http://www.vegkitchen.com/recipes/sweet-potato-spelt-biscuits/>

Featured Business

Big Bear Natural Foods



Big Bear Natural Foods has brought healthy food items to their surrounding communities in both New Jersey and Pennsylvania at affordable prices since 1971. They are a family-owned business and they believe in the healing powers of herbs, aromatherapy, and vitamins. They fully support the non-GMO movement and local producers. They only carry certified organic produce so the quality of your fruits and vegetable is never brought to question. They are very involved with their community, supporting many local charities.

Big Bear Natural Foods even has juice bars inside their stores, and all of the ingredients that go into your drink are fresh and local products. The same goes for the meats they sell! Visit Big Bear Natural Foods at any of their locations in Ewing, Pennington, or Lambertville, in New Jersey, or at Langhorne or Morrisville in Pennsylvania.

Contact info

Follow us on Facebook!

Rider Lawrenceville Eco-Reps and Westminster Eco-Reps

Twitter, tumblr and Instagram: @brongsgogreen

Email: brongsgogreen@gmail.com

Melissa Greenberg, Sustainability Manager

megreenberg@rider.edu

