



The Campus Green

October, 2017

Rider University's sustainable newsletter!

“Instead of controlling the environment for the benefit of the population, perhaps it is time we control the population to allow the survival of the environment”.

-Sir David Attenborough

Campus Sustainability Day will be taking place on Thursday October 26th from 11a.m.– 1p.m. in the Student Recreation Center Atrium. There will be giveaways, pumpkin decorating and eco-friendly info tables for students to take advantage of.

Do-It-Yourself:

Magnesium Body Butter

Ingredients

- ~½ cup of cocoa butter
- ½ extra virgin coconut oil
- ¼ cup magnesium oil
- 10 drops of lavender essential oil
- 10 drops cedar wood essential oil
- 10 drops frankincense essential

1. Cut cocoa butter into small pieces and add to a heat-safe glass measuring cup/bowl
2. Melt cocoa butter, stirring occasionally
3. Remove cocoa butter from heat and add coconut oil. Stir until coconut oil is completely melted.
4. Add magnesium oil and mix to combine
5. Place mixture in refrigerator and cool for about 30 min
6. Once the mixture is cooled, whip for about 3-5min. Start and low and increase speed slowly.
7. Add essential oils. Continue mixing for ~5 min or until your mixture is light and fluffy.



Spotlight:

Electric Vehicle Charging Stations

Rider University has just recently installed five new electric vehicle (EV) chargers. These chargers are the result of the EV Charging PSE&G Pilot program and the Electric Vehicle Workplace Charging Grant from the NJDEP. They were installed in hopes that over time we can replace gas and diesel vehicles with more sustainable vehicles and to incentivize students who are considering getting an EV. The car chargers are located along the side of the General Services Building. They are available for use to current students, faculty and staff. To set up an account and pin number to use the electric chargers please contact Melissa Greenberg megreenberg@rider.edu.

We Are Still In

The current administration announced that it will withdraw from Paris Agreement in which its participants agree to fight climate change and reduce emissions of greenhouse gas emissions. Many local and state governments, along with colleges, universities, businesses and other organizations have signed the “We Are Still In” pledge. Rider President Gregory Dell’Omo was one of the university leaders that signed this pledge agreeing that even though the United States as a country is not in the Paris Agreement, Rider University still is. Rider has set plans to become carbon neutral by 2050. This means that any carbon the university emits will be absorbed through various offsetting initiatives.

Creamy Spiced Carrot Soup Recipe

INGREDIENTS:

- 1 pound carrots, chopped
- 1/4 cup oats
- 1 small white onion, diced
- 1/3 cup pine nuts
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground coriander
- 1/8 teaspoon cloves
- 1/8 teaspoon cardamom
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground thyme
- 1/2 cup almond milk
- 1 cup vegetable broth, plus more as needed

INSTRUCTIONS:

1. In a pan or pot over medium heat, bring to boil the carrots, onion, oats, and 2 cups of water. Once boiling, reduce temperature slightly and let cook for 7 minutes or until carrots are fork tender. Stir frequently.
2. Pour mixture into blender and add in the pine nuts, almond milk, and vegetable broth. Blend until combined.
3. Pour mixture back into pan on medium low heat and stir in the spices. Cook for 3-5 minutes, adding any additional vegetable broth needed to adjust the density to your liking. Serve hot.

Contact info

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