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Sustainability Hub

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Sustainability Hub Newsletter - November 2023

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BINGHAMTON UNIVERSITY'S

Sustainability Hub **NEWSLETTER**

NOVEMBER | 2023

In this edition, read about a sustainable swap you can make in your bathroom, local research projects, seed resources, what to do with old jack-o-lanterns, how to reduce your waste during the holidays, and an environmental art feature! Don't forget to check out our upcoming events and our announcements!



Sustainability Hub
Science Library

Sustainable Swaps and Research



TERRACYCLING ALTERNATIVE:

Bamboo Toothbrush and Toothpaste Bits



Instead of recycling toothbrushes and toothpaste tubes at our Oral Care Terracycling Station, switch to bamboo toothbrushes and toothpaste bits! Bamboo toothbrushes are more sustainably made than plastic ones, and can usually be composted! Toothpaste bits, like from Bite, are made with organic ingredients that clean your teeth without adding tubes to the landfill. Your first order comes in a reusable jar and refills come in compostable packaging!

RUST2GREEN

Rust2Green was a project done in 2018 to assess and improve the resilience of Binghamton by researching the Susquehanna and Chenango rivers, flooding events, and community! The website has many valuable tools and resources that can be useful to learn more about flooding in Binghamton or for your own research!



[CLICK HERE TO
LEARN MORE NOW!](#)

CHRONOLOGS

Another useful tool for research are chronologs!



Chronologs are time lapses created by community members submitting photos from chronolog sites! Binghamton has 6 chronologs, including in the Nature Preserve, at Lake Lieberman, and Bartle Wetland! Click on the link below and search Binghamton to find time lapses!

[CLICK HERE TO
CHECK IT OUT!](#)

WHAT CAN I HARVEST THIS MONTH?

- If you haven't picked them already, this is the last month to harvest **apples, beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, kale, onions, and squash!**

HOW TO SAVE SEEDS AND WHY?

- Harvesting and seed saving techniques are specific to each type of plant. Our book collection and online resources can help you research your own plants!
- Seeds can be saved to plant again next season or donate to our Seed Library! Stop by to borrow equipment or drop off donations!

SEED SAVING 101:

Pumpkins



1.

Cut into your pumpkin and scoop out the seeds into a strainer.

2.

Thoroughly rinse your seeds with cool running water.

3.

Use your finger to rub off any stubborn pulp, then roast or store seeds!

HOW TO USE PUMPKIN SEEDS?

Did you carve Jack-o-Lanterns last month?

- Save the seeds to plant them! After saving the seeds, lay them on paper towels or parchment paper in a cool dry area. In a few days, they will be ready to store until next season!
- You can also turn pumpkin seeds into a tasty snack! Season them with salt and other spices and roast until crispy!

HOW TO HAVE *Sustainable Holidays!*



This Thanksgiving, Black Friday, and Cyber Monday, choose to reduce waste and give the gift of sustainability!

- Make a list and stick to it! Plan ahead by taking stock of your pantry or fixing up items yourself instead of buying new items you don't need!
- The chaos of cooking on Thanksgiving can lead to overcooked or burned food! Check out these [5 ways to revive food!](#)
- Remember to use all your leftovers. Check out these [creative leftover recipes!](#)
- Avoid single use packaging of ingredients or goods! Use reusable bags, plates and utensils to reduce waste!
- Be careful of greenwashing! Many companies try to trick customers into thinking they are more sustainable than they really are. Learn more about greenwashing so you can be sure to buy from companies that really are making a difference!



**CLICK HERE TO LEARN
ABOUT [GREENWASHING!](#)**

Environmental Art

SUBMIT YOUR ART!

The Sustainability a wants to share your environmental art on our next newsletter! It can be a drawing, painting, photo, song, video, poem, or other media focused on an environmental topic! Check out our November feature on the next page!



**CLICK HERE FOR THE
[SUBMISSION FORM!](#)**



Environmental Art

EUKARYA

By Isadora Davis



Eukarya is a digital illustration combining folklore and science in which three wise women preside over woodland-dwelling species, some real and others invented. Inspired by Alphonse Mucha's Art Nouveau paintings, this piece takes its name from the phylogenetic category for all creatures whose cells have nuclei. I began Eukarya with a paper drawing that I transferred to Photoshop for finished outlines and color, working to convey the fullness of the forest and the biodiversity that burgeons from every corner. The trio of female elders adds a mythological element, providing a glimpse of a world where humans, animals, and plants are part of a convivial society.

A CAPACITY FOR COLDNESS

By Isadora Davis

Some things carry an enormous capacity for coldness.

You do not.

You're warm-blooded. Even in your gut's reservoir of darkness there is heat.

You bend over the air conditioner.

It's too cold for you.

Heat is movement; heat bleeds into cold.

It's fall.

You put your hand to a tree trunk.

You feel the coldness collected inside.

A resting animal in a great silence, pleased with its cold fingers and toes.

Your hand warms its bark.

You experience the cold by removing it.

The fish in blue-black water

are like metal, continuous

with the cold. Think

of the cold gathering as

you go deep into wet soil. Think

of the heat in Earth's core.

Think of yourself in February:

alone in your heated house.

You enjoy the winter by refusing to feel it.

Think of the warming Earth.

You, mammal, have brought heat upon all of us.

You're too hot, and you can feel it.

You long to be rid of it.

You'd die without it.

It's not your fault, but that doesn't matter.

Out of the endless graciousness of its heart, the winter receives the heat of your apology and forgives you.

To see more of Isadora Davis's work, follow @izzybird on Instagram!

Upcoming Events

SUSTAINABILITY HUB INTEREST GROUP MEETING

November 10, 2023 | 1:30 – 2:30 PM | Science Library Atrium

Every other Friday, join the conversation on making our campus more sustainable! On November 10th, share group updates, discuss sustainable change we can make on campus, and hear from guest speakers from the Kaschak Institute!

CLOTHING SWAP

November 10, 2023 | 10:00 AM – 3:00 PM | Food Co-op

Stop by the Food Co-op to swap clothes, participate in upcycling activities, buy from small vendors, and eat vegan food!

HEALTH AND WELLNESS POSTER SESSION

November 16, 2023 | 1:45 – 2:45 & 2:45 – 3:45 PM | Science Library Atrium

Stop by the Science Library for two poster sessions on research on diet, exercise, substance abuse and mental health conducted by undergraduate students in Course-based Undergraduate Research Experience (CURE).

CLIMATE CHANGE IN FICTION

November 29, 2023 | 12:00 – 1:00 PM | UU 325

Binghamton 2 Degrees is hosting a climate change book club! On November 29th at 1:00 PM in UU 325, discuss the *Oryx and Crake* by Margaret Atwood and get a free lunch! To RSVP, email pmischen@binghamton.edu today!



FAST FASHION EVENT

Science Library Multipurpose Room

Join NYPIRG and the Sustainability Hub for a Fast Fashion event! Vegan food will be served from the Food Co-op! Keep an eye out for more information coming soon!

Announcements

JOIN OUR EMAIL LIST!

To get updates on upcoming events and our latest newsletters, scan the QR code to sign up for our email list or click [here](#) for the form!



VIEW PAST NEWSLETTERS!

To view all of the Sustainability Hub's published newsletters, scan the QR code or click [here](#) to visit the Open Repository at Binghamton (ORB)!

HOST AN EVENT IN THE HUB!

Email sushub@binghamton.edu about hosting a poster session or any other events in our space in the Science Library!

SHARE YOUR ORGANIZATION OR WORK!

Reach out to sushub@binghamton.edu to display any sustainability focused research posters, flyers for groups or events, or brochures!





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