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Library Sustainability Resources

Sustainability Hub

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Fall 11-2024

### Sustainability Hub Newsletter - November 2024

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BINGHAMTON UNIVERSITY'S

# SUSTAINABILITY HUB NEWSLETTER

**NOVEMBER | 2024**

Happy November Bearcats! This month's issue is full of campus sustainability news, such as the Sustainability Cup launch, and updates from several student organizations. Also check out our seed and recipe of the month, sustainable swap suggestions, and a guide to having a sustainable Thanksgiving and Black Friday!



Sustainability Hub  
Science Library







## SUSTAINABILITY CUP LAUNCH

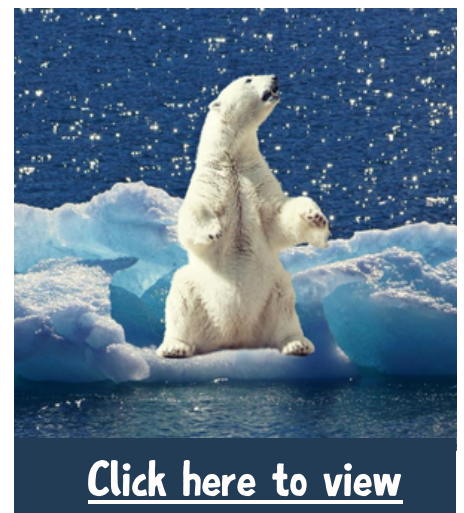
On October 16th, the Office of Sustainability launched their Sustainability Cup competition! Students who live on campus have the opportunity to earn points for their community by attending or organizing sustainability events, saving energy and water in the dorms, recycling properly, and more!



The living community with the most points at the end of the school year will win the Sustainability Cup and a grand prize for their outdoor space. Click [here](#) to learn more!

## SUSTAINABILITY STORYMAPS

The Office of Sustainability recently launched a set of storymaps that lead viewers through sustainability topics using interactive maps, pictures, and videos. After the unusually warm weather we experienced in October, we are highlighting the climate change storymap to encourage readers to learn why this is happening.



[Click here to view](#)

# SEEDS SEEDS SEEDS!



## SEED OF THE MONTH: BOUQUET DILL



Although our growing season is coming to an end, there are still many things you can grow indoors! Grab some bouquet dill seeds from the seed library this month to grow some of your own and add that light, refreshing taste to your meals all winter long!



## HOW TO SAVE PUMPKIN & SQUASH SEEDS

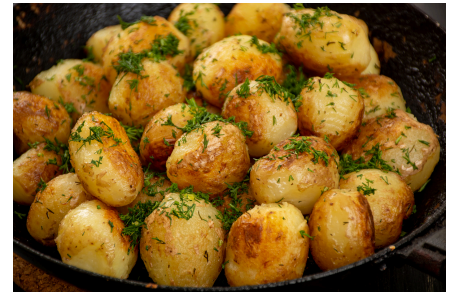


Using pumpkin or squash in a recipe this month? Don't forget you can harvest and eat the seeds too!

1. Scoop out seeds with a large, metal spoon
2. Soak seeds and rinse off remaining flesh
3. Boil in salt water for 10 minutes (optional)
4. Allow seeds to dry thoroughly
5. Toss seeds in oil and seasoning
6. Bake until golden brown and enjoy!

## Recipe of the Month: Roasted Dill Potatoes

Use your freshly grown dill in a delicious and simple recipe this month!



1. Preheat oven to 425°F, then cut potatoes of choice into small pieces (we recommend baby gold potatoes)
2. Soak potatoes to remove starch, dry and drizzle them with olive oil, then toss with dill and garlic
3. Bake potatoes until fork tender and crispy on the outside (typically between 25-35 minutes depending on size)
4. Let the potatoes cool and enjoy! Pair with a favorite dish such as portobello burgers or stuffed peppers



# SUSTAINABLE HOLIDAYS GUIDE

With Thanksgiving, Black Friday, and Cyber Monday coming this month, it's important to be mindful to avoid food waste, green washing, and overconsumption! Here are some tips to help you out this November.



## THANKSGIVING

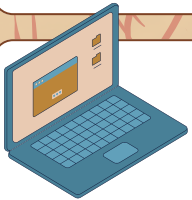


### Do's

- Use public transit or carpool
- Compost food scraps
- Donate extra cans and boxes
- Use in-season produce
- Cook more plant-based foods
- Encourage guests to bring reusable to go containers

### Don'ts

- Don't use plastic utensils or paper plates
- Don't overfill your plate
- Don't throw away scraps
- Don't make food you won't eat leftover



## BLACK FRIDAY AND CYBER MONDAY



### Do's

- Buy from local businesses
- Do your research to find sustainably sourced items
- Gift friends/family more personal handmade gifts instead

### Don'ts

- Don't buy unneeded items
- Don't buy items with excessive packaging
- Don't fall for greenwashing (more info on page 6)

OR

**Avoid supporting Black Friday at all and learn about the Green Friday Movement**



# IN OTHER NEWS

## BIRD OF THE MONTH: BUFFLEHEAD

Welcome to weird duck season! This month, Buffleheads are migrating from Canada to the U.S. where they will winter typically along bays, estuaries, and lakes. These small diving ducks are most known for their big heads and the stark coloration of breeding males.



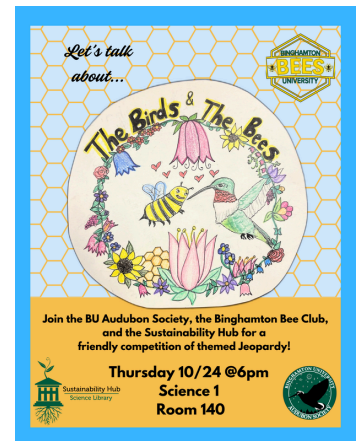
## 1MREADY\_BING

This past February, Binghamton's Kaschak Institute launched the 1MReady\_Bing initiative which encourages students, faculty, and staff members to take small actions in their daily lives to reduce carbon emissions. Founded in Australia, Binghamton is the first site of the 1MReady movement in the US. This month, the co-president of 1MReady\_Bing will be attending COP29 to represent SUNY and discuss how other college campuses could adopt a similar initiative. Click [here](#) to take the challenge!

## THE BIRDS AND THE BEES: CAMPUS COLLABS

Last month, the Sustainability Hub collaborated with Bee Club and BU Audubon Society to learn about the life stages of bees and birds, and play a themed game of Jeopardy related to birds, bees, and sustainability! Honey and seeds were among some of the giveaways.

Interested in hosting an event with us? Email  
[sushub@binghamton.edu](mailto:sushub@binghamton.edu)



# LIVING SUSTAINABLY

## TERRACYCLING ALTERNATIVES: BEESWAX WRAPS

Although our Terracycling station accepts plastic wrappers from food items, try switching to a more sustainable alternative! Beeswax wraps are a compostable alternative to plastic wrappers that allows you to store and transport food. Learn more about them [here](#).



## WHAT IS GREENWASHING?

Given the increasing urgency of climate change, individuals are more likely than ever to consider the environment when shopping. Many companies are taking advantage of this, and making false claims of sustainable practices.

### What does this look like?

Imagery of trees or foliage on packaging



meaningless buzzwords like "eco-friendly" or "natural"



unverifiable sustainability claims or pledges



### What should you look for?

Check for accreditation from organizations such as USDA, non GMO Project, Energy Star, and others



Clear labeling and traceability: true sustainable products will be very transparent about their impact and level of sustainability



# UPCOMING EVENTS

## SUSTAINABILITY HUB INTEREST GROUP

**November 1 and 15 | 1:30pm-2:30pm | Science Library G06**

Join us to discuss sustainability on campus, hear from sustainability focused student organizations, and enjoy our guest speakers!

## CCE PUMPKIN SMASH

**November 9 | 10:00am-1:00pm | 840 Upper Front Street, Binghamton NY**

Don't let your leftover pumpkins go to waste! Smash your pumpkin with CCE and contribute to the community compost bins outside of the farmer's market. More info [here](#).

## 1MREADY\_BING NOVEMBER EVENTS

**Second week of November, date and time TBD**

Decorate your own reusable bag with dried flowers with 1MReady on the Spine!

**Second week of November, date and time TBD**

Join 1MReady for a guided tour of the campus greenhouse!

# STAY UPDATED

## JOIN OUR LISTSERV

To stay updated with sustainability events and our newsletter, click the link below to sign up for our listserv!

[!\[\]\(56549452e01ca28bdf2500ced9653143\_img.jpg\) Listserv Form](#)

## VIEW PAST NEWSLETTERS!

To see previous newsletters, click the link below to view the Open Repository at Binghamton (ORB).

[!\[\]\(5a351309c3b87e4420622c1f0e57efc0\_img.jpg\) Newsletters](#)

