

Welcome to the Tuesday Tree Huggin' Tip!



Tip 22: Green Your Thanksgiving Celebration!

One of the wonderful things about Thanksgiving is that the traditional foods we eat are seasonal. Sweet potatoes, cranberries, squash are all in season in the fall, and, as we know, eating seasonally is one way to reduce our environmental impact. Here are some tips from Earth Resource and Going Green Painlessly for having an eco-friendly and fabulous Turkey Day!^{1&2}

- Reduce, Reuse, Recycle. Use washable dishes and cutlery, even if they don't all match, use cloth napkins, buy as many ingredients as possible from the farmer's market and the bulk bin, recycle packaging. Compost fruit and vegetable scraps.
- Stick to as much locally grown, organic components to your meal. Healthier, better for the environment and worth the splurge.
- Ask your guest to bring canned goods or toiletries to bring to the local homeless shelter or food pantry instead of host or hostess gifts.
- Decorate with reusable and/or natural components:
 - Centerpieces:* Pumpkins and other winter squashes, Native American corn, acorns, nuts, grapes, pears, pomegranates, and apples overflowing from a wicker cornucopia or heaped in a wooden bowl look abundant and beautiful in the center of your table.
 - Natural napkin rings:* Tie napkins with raffia and tuck in a pretty fallen leaf and an acorn, etc.
 - Simple arrangements:* There is a beautiful Zen simplicity in a perfect branch bearing colored leaves set into an earthen vase. Sometimes that's all you need for a seasonal and dramatic focal point.
 - Pumpkin vase:* Hollow out a pumpkin and place a cup inside to hold fresh or dried flowers.
 - Grapevine:* Gather grapevines and twist them into garlands or wreaths for table, mantelpiece, doorway, or stairs. Add leaves and berries, if you like.²
- Make your own [cranberry sauce](#). So much better than that canned gelatinous stuff!
- If you're driving to visit friends or family, make sure your car is tuned up, tires are properly inflated and maintain the speed limit in order to save on gas and emissions. If friends or family are coming to visit you, from far or near, help them arrange ride sharing and carpools.
- Make your own hot apple cider with organic apple juice, cinnamon sticks and cloves heated on the stove; see <http://www.cooks.com/rec/view/0,193,154162-237204,00.html> .

- Spend time in nature as part of your thanksgiving celebration. Go for a hike, a bike ride, plant a tree, tend your garden, or go to a local park for a family touch football game.

Anyone else have some good green tips for Thanksgiving??? If you do, please reply and let us know ideas you have.

Yours in crunchiness,

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1 Adapted from <http://www.earthresource.org/campaigns/capp/capp-styrofoam.html> written by [goinggreen](#) on November 20, 2008; accessed November 3, 2009.

2 Adapted from <http://goinggreenpainlessly.blogspot.com/2007/11/week-32-green-your-thanksgiving.html> ; accessed November 10, 2009.