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SustainVU
Growing Responsibly

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Engage Green: Choosing Your Summer CSA – July 2

Have you ever thought about joining a local community supported agriculture program (CSA), but aren't sure where to get started? This month, join Team Green and [Urban Green Lab](#) on Wednesday, July 2 at 6:00pm to get your CSA questions answered by the experts! Learn the benefits of buying your food from a CSA, as well as how to choose one that fits your needs.

The second half of the workshop will focus on ways to prepare some of the most common summer CSA foods.

The workshop will be held at Second Harvest Food Bank, 311 Great Circle Road and is free to the public! Read more and RSVP [here](#).

Vanderbilt Farmers' Market – July 3, 10, 17, 24, 31

Congratulations to the Vanderbilt baseball team for securing a national championship for the University...very exciting! The temperatures outside have been just as hot as the baseball team this week, so please do your part to reduce energy consumption at by checking out our simple tips below. Procurement recently renegotiated our Cintas contract so that ALL paper, confidential or not, can now be recycled in Cintas secured document containers. Read more about this new recycling option below. Additional information about the stories and events included in this newsletter are available on the [SustainVU website](#), [Facebook page](#), and [Instagram](#). Happy National Championship Day (I just made that up!), happy Independence Day, and stay cool this July!

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Improved Paper Recycling Options through Partnership with Cintas, Inc.

The Vanderbilt Farmers' Market is now open in Medical Center Plaza each Thursday from 3:00pm to 6:00pm through October 30. Purchase fresh fruits, vegetables, honey, locally farmed meat, cheeses, pasta, bread, and more right here on campus! Click [here](#) for more details!

Nashville Area Farmers' Markets – June through October

Nashville is lucky to have many local farmers' market options where we can enjoy fresh, seasonal, local food. Most markets will be open June through late October, including [12 South Farmers' Market](#) – Tuesdays 3:30pm to 6:30pm; [East Nashville Farmers' Market at Shelby Park](#) – Wednesdays 3:30pm to 7:00pm; [West End Farmers Market at Vine Street](#) – Saturdays 10:00am to 1:00pm (through November); and [Nashville Farmers' Market at Richland Park](#) – Saturdays 9:00am to 12:00pm. The downtown [Nashville Farmers' Market](#) is open year-round, but merchant times vary. Find more information [here](#).

Seed Saving Workshop – July 8

Join the Nashville Public Library on Tuesday, July 8 at 6:00pm at the Bellevue Branch for an introductory workshop presented by the Master Gardeners of Davidson County on how to harvest, prepare and save flower and vegetable seeds. This program is sponsored by the Nashville Public Library Seed Exchange, where you can borrow seeds, grow plants, and return seeds. Seeds are available

for check out at the Bellevue, Bordeaux, Edmondson Pike, and Inglewood Branches. Click [here](#) for more information.

Scarritt-Bennett Garden Work Day – July 12 & July 19

Join Hands on Nashville to help with weeding, planting, harvesting, and general care of the Unity in Diversity Peace Garden, a learning garden at Scarritt-Bennett Center, on July 12 and July 19 from 1:00pm to 3:00pm. The aim of the garden is to cultivate conversations about diversity and global sustainability issues and to foster individual and collective action. Read more and sign up [here](#).

Fall Vegetable Gardening Workshop – July 14

Join the Nashville Public Library Seed Exchange on Monday, July 14 at 6:00pm at the Bordeaux Library for an introductory workshop presented by the Master Gardeners of Davidson County on selecting cool season vegetables and preparing your garden for Fall. Read more [here](#).

USGBC Middle Tennessee Membership Luncheon – July 25

Join the Middle Tennessee chapter of USGBC on Friday, July 25 from 11:30am to 1:00pm for their monthly membership meeting, “Stamp the Envelope: Effective Building Envelope Commissioning”. The meeting will be held at Cumberland River Compact, located in the Bridge Building, 2

Vanderbilt University and Medical Center recently renegotiated



Victory Ave Suite 300. Click [here](#) to learn more and to RSVP.

Students! Sign up for Cardboard Crew at Move In – August 16

Sign up for the Cardboard Crew, move in early, get free food and a shirt, and enjoy the satisfaction of recycling tons of cardboard...literally! If you don't know about Cardboard Crew, it is a student-led alternative to Move Crew that recycles all of the cardboard normally discarded during move in day on campus. Last year, the Cardboard Crew diverted over 35 tons of cardboard from the landfill! Sign up [here](#).



its contract with Cintas, Inc., for confidential paper recycling. The new contract will result in lower cost and improved recycling options across the entire campus.

With the new Cintas contract, employees can help further reduce institutional costs by using the Cintas containers to also dispose of non-confidential paper. This new recycling option will also have a positive impact on the University's overall waste stream and the environment.

"If you have Cintas secured paper recycling containers in your area, please feel free now to place ANY kind of paper, confidential or otherwise, in these containers," said Charles Nicholas, director of Procurement Services. "The bins are for confidential paper such as HIPAA and FERPA-regulated documents first and foremost, but any kind of paper, magazines, or other paper products can now be placed into the Cintas containers. All paper securely collected from Cintas is immediately shredded, pulped and recycled to the paper mills which further supports our commitment to environmental sustainability."

Thanks to past efforts, Vanderbilt recycled 1,471 tons (2.9 million pounds) of confidential paper in 2013 through Cintas, which saved 35,300 trees and kept over 100 garbage trucks of paper from being disposed in the local landfill.

Read the full story [here](#).

Save energy this summer by following these easy tips



As temperatures begin to climb into the 90s and beyond this summer, electricity consumption on Vanderbilt's campus also rises.

As one of the largest energy consumers in Middle Tennessee, Vanderbilt faculty, staff and students are encouraged to do their part to reduce energy consumption on campus and at the medical center, but these tips easily translate for use at home as well. Small changes can produce big results when everyone does their part!

- Close window blinds in your office or lab during the hottest part of the day to keep temperatures lower inside;
- Moderate thermostat settings to 76-78 degrees F;

- Adjust thermostats more radically in unoccupied classrooms and when you leave for the day, weekend, or vacation;
- Dress for the hot weather so you can remain comfortable in more moderate temperatures;
- Turn off lights in your workspace when you leave, even if only for a short period of time;
- Turn off lights to common areas such as kitchens, bathrooms, break rooms and conference rooms;
- Vacuum air intake registers as well as vents on appliances such as refrigerators or freezers regularly to remove any dust buildup and to allow equipment to run more efficiently;
- Turn off office equipment. If allowed in your area, computers, printers, copiers, and scanners can be turned off when you leave for the day (or at the end of your work shift if they will not be used again for several hours). Otherwise, activate sleep modes and energy-saving settings. Instructions for modifying power settings can be found on the [SustainVU Energy Saving Tips page](#);
- In laboratory spaces, close fume hood sashes when not in use;
- If your office or area seems unusually cold or hot, or you have trouble regulating the temperature, please call VU Plant Operations at 343-9675 or VUMC Plant Services at 322-2041 to let them know.

[VU Plant Operations](#), [VUMC Plant Services](#) and the [Sustainability and Environmental Management Office](#) ask for your help and cooperation with these conservation efforts. For additional ways to conserve energy, visit [Vanderbilt's ThinkOne](#) energy conservation website.

Tips for reducing your summer travel impact

Vacation season is here, and you can reduce your

environmental impact with these handy, sustainable travel tips:

- Use cruise control and drive the speed limit. Every five miles per hour over 60 miles per hour when traveling is like paying an additional 24 cents per gallon for gas.
- Reduce your carbon emissions from flying by purchasing carbon offsets, available at carbonfund.org or TerraPass.
- When you arrive at your destination, choose public mass transportation, biking or walking instead of an individual taxi or rental car. If you must rent a car, opt for the smallest vehicle that can accommodate your needs comfortably and look for “green car” or “green fleet” rental programs that designate cars that are the most environmentally friendly, such as hybrids.
- Don't like driving? Consider traveling by coach bus or train instead of your personal vehicle. Many coach buses and trains today are equipped with wireless access and movies for your entertainment while on board.

Read more about these tips [here](#).



For more information on any of these stories, events and more, visit the SustainVU website at www.vanderbilt.edu/sustainvu or contact the Sustainability and Environmental Management Office at sustainvu@vanderbilt.edu or (615) 322-2057.

